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MEN'S MUSCLE & HEALTH

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Free Workout Poster Inside!



NICK CHEADLE

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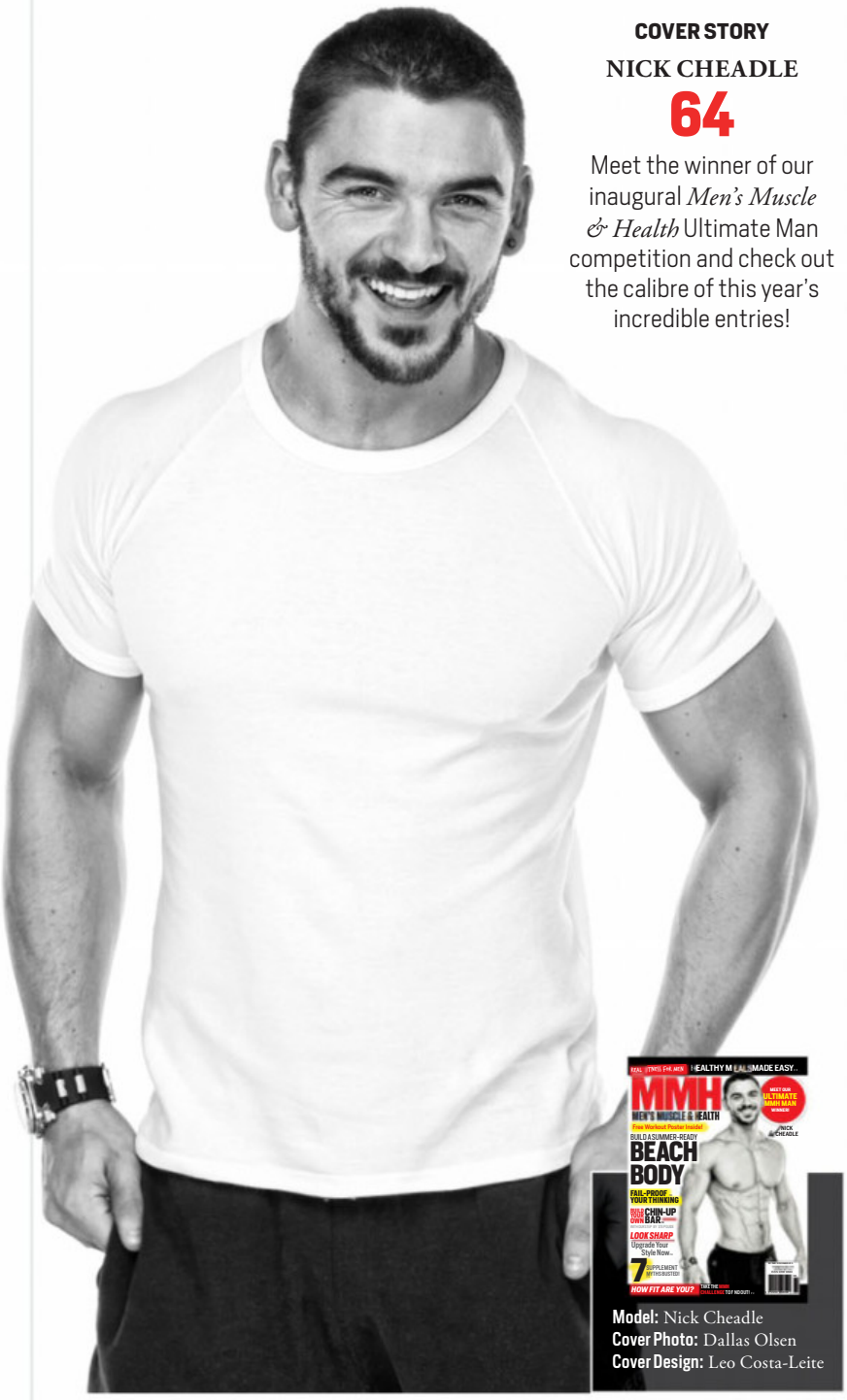
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Model: Nick Cheadle
Cover Photo: Dallas Olsen
Cover Design: Leo Costa-Leite

Photo Credit: Dallas Olsen

Men's Muscle & Health Magazine is for informational purposes only. Consult a physician before undertaking any exercise or nutrition program within Men's Muscle & Health Magazine. It is your responsibility to evaluate your own medical and physical condition and to independently determine whether to undertake or adapt any of the information or content provided in this magazine. Any exercise program may result in injury and by voluntarily undertaking the programs provided, you assume the risk of any resulting injury.



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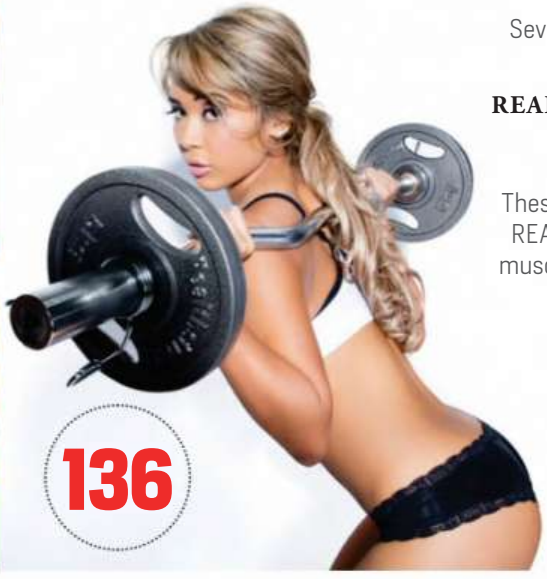
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THANK YOU!

Wow! For our first ever Ultimate *MMH* Man cover competition we certainly can't complain! Over 100 of you entered, which we somehow had to whittle down to just five. Let me tell you - it was a tough job! In the end our finalists were Joe Pitt, Nick Cheadle, Kayne Lawton, Tim Perry and Ryan Greasley – all great guys and all cover worthy candidates.

It was a full day shooting in our studio at *MMH* HQ, getting the guys to do cover style shots, workouts and interviews. Even though I was rocking a major bought of man flu, the professionalism of our final five made it an easy day full of laughs! And although everyone who entered is a winner in our eyes, we could only choose one guy to grace the cover of this issue. A big congratulations to Nick Cheadle, who is not only in peak physical shape, but who is a humble and inspirational guy leading the *MMH* lifestyle down to the letter. Learn more about Nick's training and lifestyle in our four-page feature on page 64. You can also check out all the incredible entrants on page 72.

If the cover competition wasn't enough, this issue is jam packed with great info and workouts! Ex Big Brother housemate Ryan Burke gives a great pec workout on page 30, the legendary Greg Plitt gives us a few of his favourite moves for uncovering your abs on page 58, and Zac Smith shows us how he keeps his guns in check with his favourite set of arm exercises on page 74.

Also in this issue, our favourite big wave surfer Mark Visser builds a chin-up bar in his backyard using his favourite tools, and there's a great video to go with that as well. Just scan the QR code on page 98 to check it out. With all our fitness and health experts sharing the latest in news and research with you, this issue of *Men's Muscle & Health* is set to be a cracker. As always, keep training hard, chasing your dreams and who knows, maybe next year it will be your time to shine as the Ultimate *MMH* Man.

Dallas Olsen
Chief Photographer

HAVE YOUR SAY!

Email us at
features@fitmedia.com.au
and tell us what you think !



From left to right: *Tim Perry, Ryan Greasley, Joe Pitt, Nick Cheadle and Kayne Lawton*

MMH MEN'S MUSCLE & HEALTH

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MEET OUR EXPERTS



Aaron Smith

Aaron Smith

Aaron is the Founder and CEO of the KX Group. With first-hand experience from his overseas travels, Aaron saw an opportunity to create, adapt and improve the fitness industry with an ever-evolving boutique workout style that ambitiously combines creative flair with a modern sense of style. As a personal trainer, Aaron built his reputation specialising in strength and conditioning before his search for new training techniques lead him overseas, where he discovered Dynamic Pilates, and saw an amazing uptake and expansion of this bootcamp style of Pilates. Aaron brought this idea back to Australia and with his own spin on the workout, created the dynamic KX Pilates workout. With the help and support of his amazing team, Aaron's passion, determination and entrepreneurial flair has helped him drive the business to where it is today.



Dave Nixon

Dave Nixon

Dave Nixon is a health professional who has immersed himself in the health and fitness industry for the past 10 years. During this time he has had the opportunity to train, coach and work with more than 3,500 people. Dave has managed gyms since the age of 18 and founded Functional Fitness Australia in February 2011. With a clear vision of increasing the nation's health IQ, Dave is set on educating people to understand the importance of functional movement patterns and also why and how we self-sabotage our own success and health. He delivers an in-depth yet simple approach to understanding your body's real potential.



Nick Morgan

Nick Morgan

Nick Morgan, BSc, Sport & Exercise Science and MSc, Applied Sport & Exercise Science, is the Managing Director of Sports Integrated Ltd, a business that specialises in performance sport, nutrition and the application of science within industry and businesses. Nick has previously provided exercise physiology support to several elite clubs and national governing bodies (NGBs) in the United Kingdom. Nick has been working with SKINS for three years and in that time has been focused on centralising the science of compression into an internal database. This has included the review of over 100 journals, and the development of a database that allows us to filter immediately across all relevant compression studies completed in sport and exercise.



Melih Cologlu

Melih Cologlu

Melih Cologlu is a personal trainer with more than 10 years of one-on-one and online personal training experience. Having been involved in sports from a young age, Melih competed in NCAA Division 1 Level Water Polo and Swimming for USC South Carolina. In 2003 he started his training business with his wife Ashley as NESTA Advanced Level Trainers. Using some motivation from a successful career in NCAA sports, he entered his first NPC competition and won Natural Eastern USA's in Men's Physique. In 2012, he launched his online training business **www.covermodelphysique.com** - where he designs training and nutrition programs to individuals around the world, ranging from beginners to professional athletes.



Regie Simmons

Regie Simmons

Regie Simmons is an IFBB pro, certified personal trainer and working professional. His fitness-related mission is to help people reach a new level of fitness through sensible dieting and exercise. He has authored several eBooks and penned dozens of articles for magazines around the world. Regie has a BA from Howard University and an MBA from Saint Joseph's University. He resides in San Francisco and is co-owner of **FitBodiez.com**.

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RED BULL BILLY CART

Sydney, 15 November 2015

The world-renowned event, Red Bull Billy Cart, returns to Australian shores, with Sydney as the chosen city to host this year's hilariously epic event. Red Bull Billy Cart invites amateur drivers and their pit crew to build and race homemade billy carts. Each handmade machine is fuelled by nothing but sheer determination, the force of gravity and perhaps a little Red Bull. This unique, non-motorised racing event challenges both experienced racers and amateurs alike to design and build outrageous billy cart dream machines and compete against the clock in a downhill race littered with obstacles and bends.

For more information go to: redbullbillycart.com.au



CLIMB

EUREKA CLIMB 2015

Melbourne, 15 November 2015

The race to the top of Melbourne's tallest building is on again with more than 2,500 climbers set to raise money for Whitelion and Interplast Australia and New Zealand, and earn the ultimate view from the top of the Eureka Tower. Eureka Climb is an event for people of all ages and levels of fitness to walk, run or climb their way up 88 floors of one of the world's tallest residential towers. With an entertainment precinct at the bottom of the tower for friends, family and supporters, it's a fun day for everyone. The event takes place in Riverside Quay, Southbank, Melbourne at the Eureka Tower. Registration starts from $50.

For more information and to register go to: eurekaclimb.com.au



OBSTACLE

THE STAMPEDE

Melbourne, 28 November 2015

After four years of massive sell-out events across the country, THE STAMPEDE - Australia's leading obstacle course event series - is back. It's once again charging around Australia, bringing you hotter obstacles and even better courses. Run wild through an epic 5km or 10km obstacle course focused on fun that will push you to the limit. Inch your way through thick mud, climb cargo nets, speed down the mega slip-and-slide and dash through live wires charged with 10,000 volts before washing it all down with a cold beer.

For more information and to register go to: thestampede.com.au



SWIM

MEDIBANK OCEAN SWIM

Various dates and locations across Australia

This fun community swim-run-fitness event is open to everybody (not just Surf Lifesavers) from kids as young as five to active adults 60+. The event involves 200m of swimming and 2km of beach running, a distance that can be achieved by all ages and abilities. Whether you are a first-timer wanting a fun fitness event, an aspiring athlete, or wanting to do it in a team of two, the Medibank Ocean Swim Run is for you. The Medibank Ocean Swim Run which will be run at each location on the morning before the Wave Warriors carnivals - and all competitors will receive a medal.

For more information go to: wavewarriors.com.au



Swimming Photo Credit: Shutterstock.com

does music increase appetite?

A study conducted on 78 college-age students published in *Appetite* demonstrated that eating while listening to music can encourage you to eat and drink more and for a longer duration. According to the scientists behind the study, the volume and rhythm didn't have much effect. Researchers did find a relationship between listening to music and the number of people present at the meal, therefore providing an environmental factor for increased food intake. So next time you want to start eating healthy, do it in peace and quiet.



Photo Credit: Shutterstock.com

high protein for fat loss

Everywhere you look, there's a trendy new low-fat diet claiming to help you shed those unwanted kilos, but which diet really works best? Researchers at the University of South Australia put this question to the test with a study of two groups on different low-fat diets, each totalling about 1,650 calories a day with 25 per cent of the calories coming from fat. The first group derived 35 per cent of their total calories from protein, while the second group was around 17 per cent protein. Both groups lost weight from the calorie deficit, however, the high-protein group lost a higher percentage of body fat.



TAKE-HOME MESSAGE

To recreate this for yourself, try to make a third of your daily calorie intake come from lean sources of protein such as fish, skinless chicken, beans and eggs.



mighty mushies

New figures from the National Measurement Institute show that just three store-bought mushrooms can provide 20 per cent of your daily vitamin D needs. Lead researcher and accredited practising dietitian Glenn Cardwell says mushrooms are a powerful natural food source that can provide all our daily needs of vitamin D, which is critical for calcium absorption. "Vitamin D helps protect us from osteoporosis, which currently affects more than 1.2 million Australians."



84%

THE NUMBER OF AUSTRALIANS WHO DON'T KNOW THEY CAN ACHIEVE VITAMIN D ABSORPTION THROUGH THE FOOD THEY EAT.*

*Australian Bureau of Statistics determined http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/4364.0.55.006Chapter2002011-12



Photo Credit: Shutterstock.com

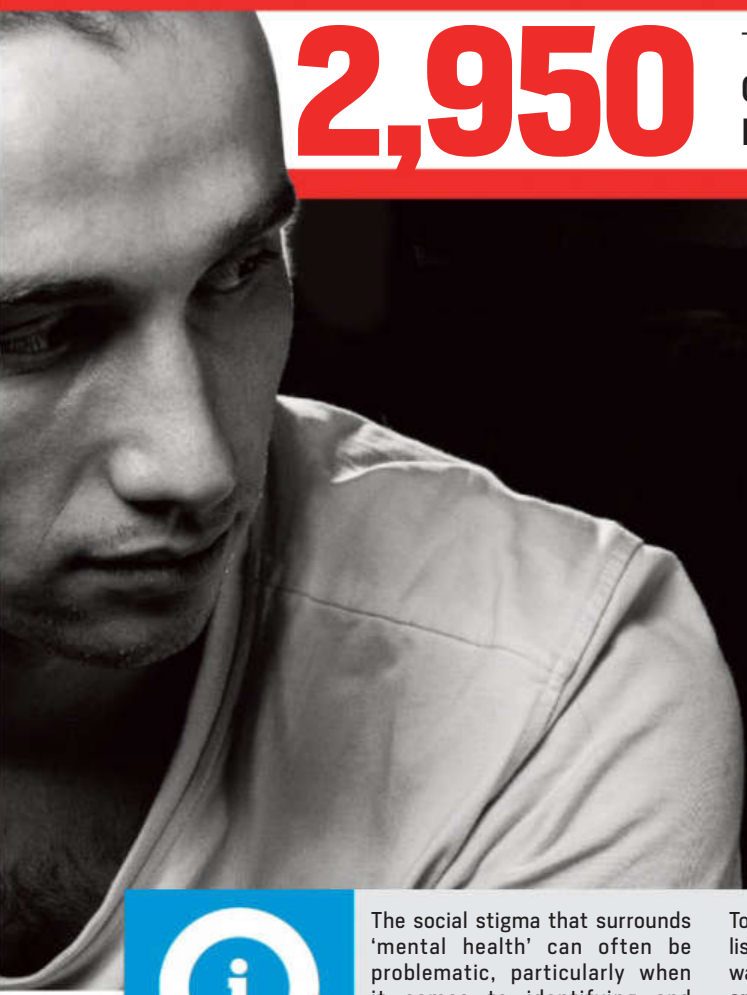
TAKE-HOME MESSAGE

Head of Prevention at Cancer Council Victoria, Craig Sinclair, said it was important for people to realise there was a definite link between alcohol and cancer and to correctly assess how much alcohol they are actually consuming. "Our message is clear: if you do choose to drink alcohol of any type, be aware of how much you're drinking and limit your intake to no more than two standard drinks a day."

alcohol and cancer link

Compelling new data released by the Cancer Council Victoria confirms that regular alcohol consumption over a lifetime significantly increases a person's risk of mouth and throat cancer. Researchers from the Cancer Council Victoria and the University of Melbourne, using data from the Melbourne Collaborative Cohort Study which has tracked the drinking habits of 41,000 adults since the early 1990s, found that average lifetime consumption of four or more standard alcoholic drinks per day more than doubled the risk of mouth and throat cancer, compared with drinking no alcohol at all.

2,950 THE ESTIMATED NUMBER OF NEW **CANCER CASES IN AUSTRALIA EACH YEAR LINKED TO LONG-TERM ALCOHOL CONSUMPTION.**



spotlight on mental illness

A new study suggests the burden of mental illness and addiction is 1.5 times greater than that of any type of cancer. Sujitha Ratnasingham - lead author of the report by the Institute for Clinical and Evaluative Sciences and Public Health, Ontario - says people often dismiss mental illnesses as "that person just feeling a little blue". In reality, "They don't fully understand the impact it has on their life as a whole, their work, their social interactions, their family," Ratnasingham said. The five conditions that had the highest burden were:

1. Depression
2. Bipolar Disorder
3. Alcohol Use Disorders
4. Social Phobia
5. Schizophrenia

Depression was the highest overall burden and accounted for a third. The researchers concluded that early detection of mental illness was by far the best approach to dealing with potentially severe, life-altering conditions. Many people brush mental illness under the carpet, which often makes the problem worse. If you know someone who is suffering from mental illness, don't be afraid to reach out to help.

The social stigma that surrounds 'mental health' can often be problematic, particularly when it comes to identifying and understanding men at risk.

To learn more, you can find a detailed list of the common risk factors and warning signs at **www.beyondblue.org.au.** By opening up the doors of discussion around this sensitive topic, we can help reduce stigma and facilitate a positive change in men's help-seeking behaviour. If you, or someone you know, are experiencing the common warning signs, it is important to seek help immediately.

green means good, right?

Our brains automatically associate different colours with different meanings, so be wary of packaging on certain foods. Cornell University researchers found that 50 per cent of people are more likely to think a chocolate bar was healthy if the label was green instead of red. This indicates that consumers subconsciously associate green as healthy. Study author Dr Jonathon Schuldt says your brain may overrule the true nutritional information depending on the packaging of the product. Make your own assessments by reading labels carefully and seeing past clever marketing strategies on labels - not just colours, but numbers, phrases and words like 'natural', 'organic' or 'gluten-free'. The product might be all of those, but may also list 'organic raw sugar' as the first ingredient. Keep your wits about you!

TAKE-HOME MESSAGE

Just because something is presented as healthy, doesn't always mean it is. Remember to really look into the nutrition label and the ingredients list so you know exactly what you are consuming.

DID YOU KNOW?

Owning a pet can decrease blood pressure, cholesterol and triglyceride levels and also improve your mood. According to the American Centers for Disease Control, pets increase your chances of exercising outdoors, also providing you with more opportunities to socialise. If you're looking for a running buddy who'll never complain, try some of these common breeds:

- Boxer
- Border Collie
- Golden Retriever
- Rottweiler

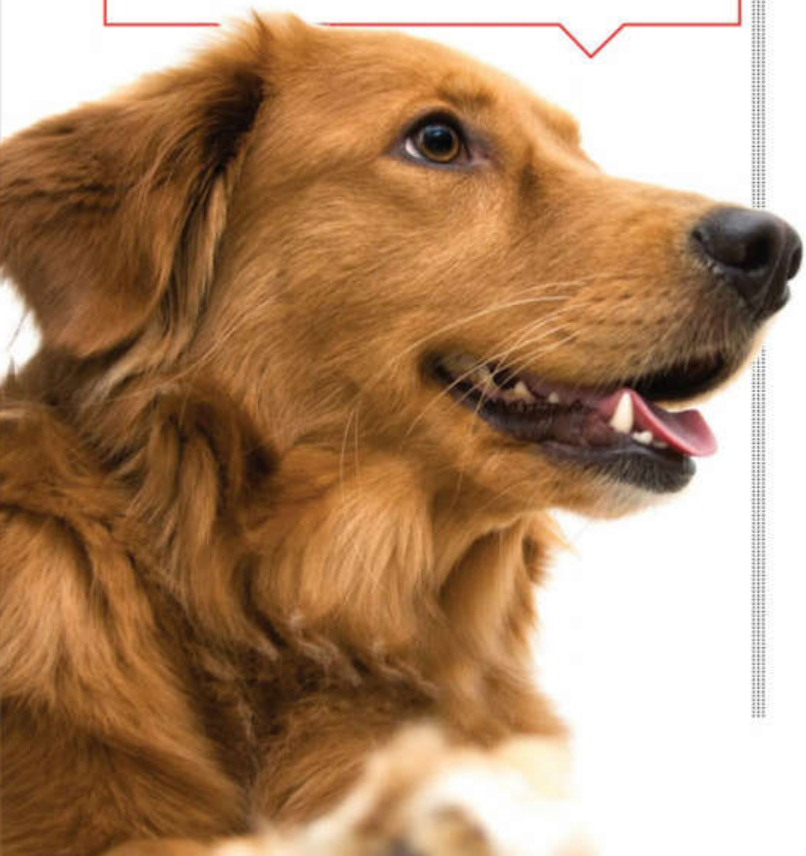


Photo Credit: Shutterstock.com

don't be a sweet-heart

Sweets are delicious but we all know they can have detrimental impacts on our health. Research published in the American Journal of Physiology found that people who indulged in foods containing 60 grams of fructose saw a six-point increase in their systolic blood pressure. This increase lasted a full two hours in the system after the having eaten the food. The heart rate also increased by eight beats per minute. This is due to the fact that fructose in food prevents blood vessels from relaxing, making the heart work faster for longer periods. This is not to say that you can never treat yourself, but to remember the possible risks involved in eating overly sugary foods regularly. If the sweet tooth sets in, fruit is always a great substitute.



20 TEASPOONS

The amount of sugar consumed by an average Australian – every day!





Photographer Credit: Tim McKenna / Red Bull Content Pool

Go Big or Go Home

Carlos "Coco" Nogales about to get deep in the heart of a behemoth-sized XXL barrel at Teahupoo, Tahiti on July 22, 2015. Learning to surf in Puerto Escondido (known as the 'Mexican Pipeline'), Coco is used to conquering the kind of cavernous tubes that would make any weekend wave-rider cower in amazement. His fearless command of the line-up has seen Coco rise to fame on the big wave scene and become the Mexican ambassador to the XXL community. Coco described his experience riding these unpredictable giants in a recent interview with Free the Sea, saying that surfing big waves was like entering another dimension. "When you come out of one of those barrels, it's a satisfaction you can't explain." MMH



20.54%

THE PERCENTAGE OF PEOPLE WHO HAVE LOST FRIENDSHIPS AS A RESULT OF INCREASED FITNESS LEVELS. The reasons attributed to the friendship loss include a difference in interests/priorities (64.58%) and jealousy (29.86%). On average, one friend is lost per three kilograms dropped.*

* Statistics taken from a national survey by the Fitness Show NSW, conducted online with 1046 study participants

Photo Credit: Shutterstock.com

do you need a weight belt?

Weight belts aren't an essential when working out, but depending on the type of workout and intensity they sure can come in handy. A weightlifting belt has two primary purposes: (1) to reduce stress and support the lower back during squats and deadlifts by creating intra-abdominal pressure, and (2) to prevent hyperextension when doing overhead lifts, such as a military shoulder press. Dave Quevedo, a NASM-certified trainer, states that "If you're a power lifter going for maximal or submaximal lifts, you might put one to good use." However, "if you're more recreational, you probably won't need one as you might lose out on some core strength development by using a belt."

TAKE-HOME MESSAGE

Power lifters, due to the heavy load, need a belt to protect their back and abdomen; however it should be loosened between sets to avoid elevated blood pressure. A recreational lifter tends to lift lighter, therefore it's key for them to develop core strength and stabilisation, which is harder when using a belt.

DID YOU KNOW?

Having a strong lower back can help you chisel that six-pack faster by making it possible for you to complete more intense abs-specific exercises with a reduced risk of injury. So if you want your six-pack to pop, don't neglect those back muscles.



get better abs with less training

Alexander Koch, PhD and an associate professor of health and exercise science at Truman State University, believes not enough people pay attention to their abs compared to other body parts, such as the shoulders, pecs, legs and biceps. "In my experience, many people train their abs at the end of their workout every day and do high reps," says Koch. However this is believed to be an ineffective way to progressing a tighter core. The best way to get results is to train your abs like other muscles and focus on strengthening your abs by incrementally increasing resistance and decreasing reps while also reducing the frequency. "The actual result of lower exercise volume and heavier weights is harder, tighter abs," explains Koch. Therefore involving more complex training moves such as heavy, weighted crunches and medicine ball slams will help to get you there.

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* When used in conjunction with an appropriate food and resistance training programme. Individual results may vary.

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/// BREAK FREE FROM CABLES

DISCOVER THE TOP FIVE WIRELESS EARPHONES ON THE MARKET

WORDS Stephen Fenech



Most people like to be listening to their favourite music while they're exercising, to stay entertained and motivated. The last thing they want to do is to get caught up in cables while they're running or battling to lift those weights in the gym. Thanks to Bluetooth connectivity you can kiss those cords goodbye and still enjoy high-quality audio while you're sweating it out.

THE BEST SOUND

SONY ACTIVE SERIES WIRELESS

Sony knows a thing or two about creating high-quality audio and the MDRAS 800B TB Active Series Wireless benefits from that heritage. Each earbud has a 6mm dynamic driver to deliver your favourite music or radio station with clarity and accuracy. What makes them even better is the fact you can connect wirelessly to your smartphone using Bluetooth and still enjoy your music while you're exercising in high quality. And with NFC (near field communication) onboard, pairing these earphones to a compatible mobile device is as simple as touching them together. The Sony Active Series Wireless earphones are light and compact and have an IPX4 water-resistant rating so it can handle even the most intense workout. The comfort and stability comes from the arc supporter silicone ear tips.

Price: $229.95
Website: www.sony.com.au



Favourite Feature: There's a simple one-button controller to navigate your music and you can make and answer your calls from your smartphone as well.

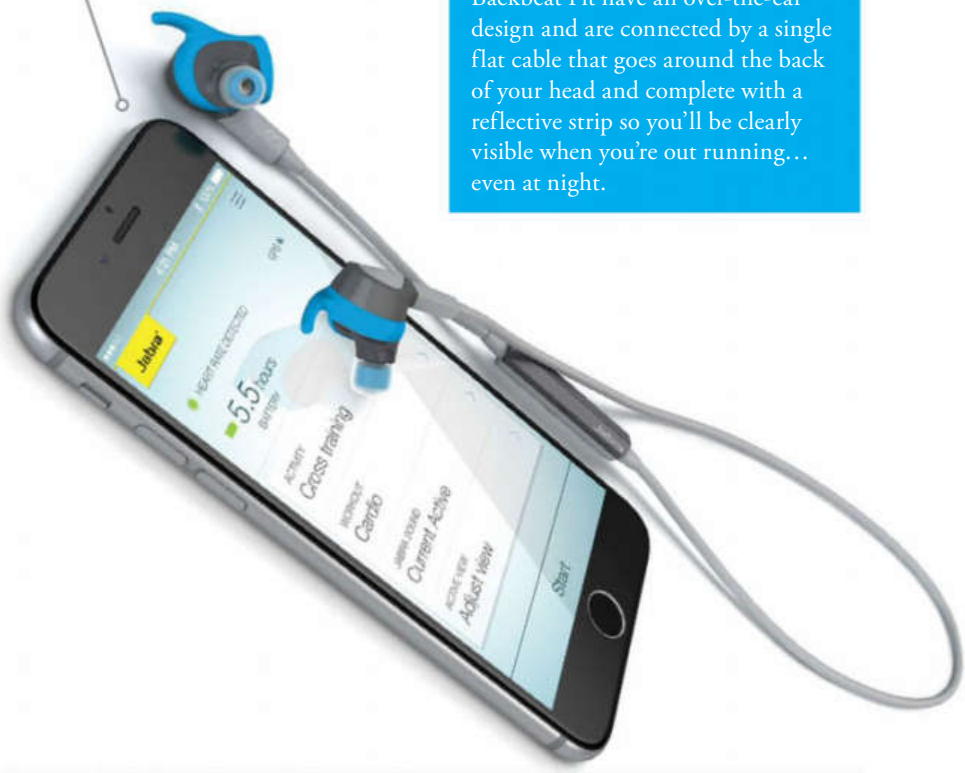
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Plantronics have been making headphones and headsets for decades. In fact, the famous "one small step for man" phrase uttered by Neil Armstrong when he became the first man on the moon was spoken through a Plantronics headset. Fast forward to 2015 and the company has taken years of development, research and technology to come up with the BackBeat Fit wireless earphones designed to power your workout with excellent sound. They are made from a special plastic material covered with a P2i nano coating to form an invisible liquid repellent. In other words: sweat won't do a thing to these earphones. Controls to answer calls and navigate your music are all contained on the earbuds. The purpose built BackBeat Fit will set your music free and set you free from your cables.

Price: $159.95
Website: plantronics.com.au

Favourite Feature: Plantronics Backbeat Fit have an over-the-ear design and are connected by a single flat cable that goes around the back of your head and complete with a reflective strip so you'll be clearly visible when you're out running… even at night.





Favourite Feature: Yurbuds Limited Edition earphones are designed to allow more ambient noise so you can clearly hear what's around you, especially if you're out on a run or a walk.

THE BEST FIT

YURBUDS LIMITED EDITION BLUETOOTH EARPHONES

Yurbuds was one of the first brands to offer twist-lock silicone tips for iPod earphones, and became so popular they decided to produce their own earphones - and are still going strong. Now along comes the Limited Edition Bluetooth wireless earphones that lock in place and won't come out until you take them out. The ergonomically designed earpieces are made with flexible silicon so they are as comfortable as they are secure. And with bigger 15mm drivers, the Yurbuds also deliver a bigger sound to provide the soundtrack for your exercise and motivate you to reach your fitness goals. Made of sweat-resistant and water-resistant materials, the earphones offer full music and call control. They also come with a wind-blocking microphone so your calls will be as clear as your tunes. The onboard rechargeable battery lasts for up to six hours on a full charge.

Price: $99.95
Website: yurbuds.com.au



THE MOST COMFORTABLE

POWERBEATS 2

The highly recognisable Beats brand has entered the wireless headphone market with the PowerBeats 2. The Bluetooth headphones are made from durable material to withstand the hardest and sweatiest workout while delivering crisp audio and satisfying bass through the onboard dual driver acoustics. The wireless earphones have an over-the-ear design so your ear canals don't take the full weight, and that makes them comfortable to wear even for extended periods. There are also four sets of silicon tips to ensure a perfect fit for everyone. A flat cable connects the two earbuds and a small remote makes it easy to control your music and even answer calls from your connected smartphone.

Price: $259
Website: beatsbydre.com

Favourite Feature: The built-in battery can run for up to six hours on a full charge but a quick 15-minute charge can give you an hour of playback. Enjoy your favourite tunes during your run or gym session without the annoying tangle of cables.



Favourite Feature: Jabra Sport Coach also offers a secure fit in your ears no matter how physical your workout gets. It's like having your own personal trainer with you and to keep you focused wherever you go.

THE MOST PERSONABLE

JABRA SPORT COACH

Jabra has produced a number of sports earphones designed to handle water and sweat, and they have continued this approach with their latest model - Sport Coach. The standout feature of the Jabra earphones is the app that becomes your virtual personal coach to guide and motivate you during a workout. There are preset cross-training sessions onboard - but you can also create your own routines from more than 40 exercises in the database and concentrate on abs, legs and general fitness and strength. With a built-in trackfit sensor, you can even take the Jabra Sport Coach on a run so it can measure distance, pace, steps and calories burned. These wireless earphones offer excellent audio quality thanks to Dolby sound enhancement and can pair with your mobile device via Bluetooth or with NFC (near field communication).**MMH**

Price: $199 | Website: jabra.com.au



ABOUT THE AUTHOR
Stephen Fenech is editor of TechGuide.com.au and one of the most respected consumer technology journalists and commentators in Australia. He is the go-to tech guru and troubleshooter who provides easy-to-understand reports, expert advice and product reviews online and on TV and radio.

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TESTOSTERONE AND ITS LINK TO DEPRESSION

How testosterone levels may be contributing to changes in mood, anxiety and depression.

WORDS Matthew Legge, Head Of Research and Development at ATP Science and Naturopath



Photo Credit: Shutterstock.com

Testosterone is a hormone, referred to as an androgen. Androgens are the masculine hormones that counteract the feminising effects of estrogen. It is testosterone during puberty that makes a man a man. Testosterone helps to build muscle, burn fat, control pain, regenerate and repair. Testosterone increases our resilience to physical and mental stress.

It turns out too much or too little testosterone may be contributing to changes in mood, anxiety and depression in yourself, your friends or family.

How testosterone helps survival

During short-term acute stress, testosterone can amplify the initial release of stress chemicals to help launch a fast and powerful survival response. This survival response will supply everything you need for "fight or flight". Testosterone will also help to efficiently switch off the stress response so you can launch a fast survival and then let it go and move on. The following processes will occur to help you survive a life-threatening stress:

- Shut down blood flow to the gut and get the heart pumping harder and faster to send blood to the muscles and brain
- Shallow breathing or panting to increase pain threshold in case of injury
- Dissociation of head from body – a light-headed feeling to increase pain threshold in case of injury
- Enhance long-term memory and gut instincts and switch off short-term memory and concentration span
- Enhance far vision to find exit or escape route and shut down close vision and focus
- Increased alertness and mental chatter
- Release inflammatory chemicals and activate immune system just in case
- Sweating, numbness and tingling
- Switch off digestion, detoxification, sleep, libido, recovery, maintenance and repair



Photo Credit: Shutterstock.com

Many people suffering from anxiety and panic disorders may relate strongly to the symptoms on this list. You may have even been convinced that you have a disease or weakness, or may have been diagnosed with anxiety and/or panic attacks. Without attempting to diagnose, treat or cure - which is beyond the scope of this article - it is still important to understand that these symptoms are a survival response and not a weakness. You are launching a primitive defence tactic that you have either inherited or acquired because it has helped you or your ancestors survive.

Many people who experience these symptoms for no apparent reason feel as though they are dying, which causes a vicious cycle of stress and fear and perpetuates the associated survival response. However, this combination of events is used to keep you alive, not kill you.

This is a very important concept. Your body cannot afford to wait to see if the stress is life-threatening or not before you react. So you will launch a survival response before you know if your default survival process is appropriate or not. You may feel as though you are losing control with constant anxiety but you may also find that there are a lot of avoidable stressors constantly irritating your system and leaving you in stress mode, for example: pain, infection, food allergy, food intolerance, autoimmunity, toxic exposure, medication and drugs, coffee, alcohol, cigarettes and more.

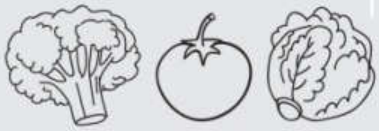
Testosterone will enhance an acute stress response and - if you are under a large amount of single stress or multiple low-grade stress triggers (pain, allergies, phones, bills, etc) - then you will launch an acute stress response often enough for you to be diagnosed with anxiety and panic disorders.

Too much testosterone

If testosterone gets too high from genetics, medications, steroids or other supplements the body will try to convert the testosterone to something else in order to get rid of it.

EAT

- **Zinc and selenium** from nuts and seeds
- **Lycopene;** the red stuff from tomatoes, tomato paste and watermelon
- **Fenugreek, nettles** and Portobello mushrooms
- **Chamomile,** passionflower, grapefruit, propolis and bee pollen
- **Saw palmetto,** epilobium and nettle leaf
- **Turmeric**
- **Omega 3** oils from grass-fed meat, flax seeds, seafood and algae
- **B vitamins** in particular vitamin B6, B12 and folic acid
- **Broccoli,** broccoli sprouts, Brussels sprouts, kale, cabbage, radish, cauliflower, bok choy, pak choy and spinach



DO

- **Exercise** at varying intensities from low-intensity cardio like walking, to high-intensity cardio like sprints and boxing; as well as resistance exercise (weights or body weight as resistance)
- **Eat clean** and avoid unnecessary chemical exposure
- **Live clean** and avoid unnecessary environmental exposure



It will either be converted to DHT (dihydrotestosterone) or estrogen.

DHT is a very strong and active form of testosterone that can create anger and irrational aggression, acne, male pattern baldness, pot belly, prostate problems and excessive hair in areas other than top of the head.

Estrogen is the opposite. Estrogen is the female hormone and - believe it or not - it is actually made from testosterone. Estrogen will make it very hard to let go of the stress even after a stress reaction/survival response has occurred. Excess estrogen can prolong the stress response and contribute to gynecomastia (man boobs), obesity, cellulite, depression, anxiety, low libido, erectile dysfunction, prostate problems, fluid retention and circulation problems.

Too little testosterone

You can experience low testosterone during times of chronic stress, as you age, become fatigued, or experience hormonal suppression post-medications or steroids. Again, ratios are more important than the amounts. So in cases of low testosterone you will see the symptoms described above in reference to DHT and estrogen excess, but you will also experience fatigue, lack of motivation, lack of sex drive and libido, poor recovery and aches and pains.

Environmental toxins and industrial chemicals

Inflammation from acute or chronic injury, gut dysfunction, immune activation and toxic exposure can disrupt hormonal balance and drive the stress nervous system.

Previous or current exposure to hormonal disrupting chemicals like anabolic steroids, certain medications, pollution and exhaust fumes, cadmium and acrylamide toxicity, pesticides dioxin, polyhalogenated biphenyls, hexachlorobenzene, diethylstilbestrol (DES) and dibenzofurans are common causes of hormonal dysfunction in men.

Strategies to take control

The key is to understand we are all unique individuals with different triggers to the stress and survival nervous system, and to work with your medical professionals to develop a holistic approach to mental health. Start by ditching the word mental and just look at your overall "health".

Focusing on the mental symptoms alone will only provide a temporary Band-Aid and not allow us to correct any causes of the dis-ease that may lie outside of the brain chemistry.

A combination of factors could be creating the mental and emotional symptoms that are usually diagnosed as depression or anxiety. It is best to work with a healthcare professional who can help you do the detective work, pathology tests and other assessments to create a constructive strategy. As you start taking some stress off your body, many of these mental and emotional symptoms will disappear. MMH

"START BY DITCHING THE WORD MENTAL AND JUST LOOK AT YOUR OVERALL "HEALTH"."



Photo Credit: Shutterstock.com



Matthew Legge

Matthew Legge has 17 years clinical experience as a naturopath, medical herbalist, food therapist and sports injury management - specialising in fatigue, immune, hormonal disorders and natural performance enhancement for elite athletes. Matt is highly regarded in the healthcare industry having created education and training material for healthcare professionals, formulating new products and ingredients to the marketplace from concept to finished product and predicting future trends. Matt is currently Head of Research and Development at ATP Science, responsible for new product development and new product formulations backed by scientific evidence.


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TURBINE

Medical technology company Rhinomed has released a product called Turbine which sits comfortably and discretely in the nose, gently expanding your nostrils, resulting in increased airflow by 38 per cent. Turbine makes every breath count by reducing the energy needed for breathing under intensive exercise load so that it can be redirected to other active muscles and reduce that dreaded feeling of breathlessness.

RRP: $29.95 (3 pack)
WEBSITE: theturbine.com





KARMA WELLNESS WATER

Karma Wellness Water brings a new kind of vitamin water to the Australian market with its unique cap technology – KarmaCap, which stores formulated powdered vitamins and nutrients for consumers to enjoy upon consumption. The healthy beverage contains 90 per cent less sugar than other vitamin drinks and provides up to 100 per cent of RDI of daily nutrients, minerals and vitamins. The beverage is available in three different varieties – Orange Mango "Sharper Thinking", Acai Pomberry "Immunity Booster" and Passionfruit & Green Tea "Mood Elevation".

RRP: $4.45 (600ml)
WEBSITE: drinkkarma.com



AM BURNER

Just in time for summer, Bulk Nutrients AM Burner is a leaning blend which utilises a combination of ingredients that have been proven through research for several decades, as well as more recent cutting edge ingredients. Effective fat burning is best done using multiple pathways (fat metabolism and increased energy expenditure, impairing fat absorption, increase satiety as well as increased fat oxidation during exercise). AM Burner combines 14 ingredients which work through different mechanisms and are likely to lead to synergistic effects. If you want to get in shape for summer then this is a must.

RRP: $33 (30 serves)
WEBSITE: bulknutrients.com.au/amburner



THE EDGE 520

Garmin Australia has announced the Edge 520, the first GPS bike computer with Strava Live Segments. The Edge 520 boasts a myriad of advanced analysis features including time in zone, functional threshold power, cycling-specific VO2 max and recovery time, indoor trainer support, cycling dynamics and in-ride segments through Strava and Garmin Connect. Additional connected features and a high-resolution, colour display offer cyclists a complete package of cutting-edge features in a compact, lightweight device.

RRP: $399
WEBSITE: garmin.com.au



ANDROPENIS

Jes Extender is the ultimate male enhancement device. First invented by a medical company in 1994, it's been thoroughly tested and is fully Australian-approved for the purpose of penis enlargement. It is proudly the only product of this nature to have gained Australian certification (ARTG 197042). This high-quality medical-grade device is also successfully used for Peyronie's disease treatment (also known as penis curvature correction) and has also shown to be helpful for conditions such as erectile dysfunction and premature ejaculation. All results are safe and permanent. All packages come with a "double money back" guarantee.

RRP: $499.95 | WEBSITE: JesExtender.com.au

+ RIPPED AND READY

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FITNESS MODEL Gemma Rose Harmer | **IMAGE** Charlie Suriano

MATTERS OF THE HEART

Going to the gym might feel like it's your only chance to catch up with the bros or get in some quality quiet time, but you could be getting more out of your workout by bringing along your better half. A study published in the *New England Journal of Medicine* revealed that men push themselves around 12 per cent harder when a lady is watching. This added intensity from training with a female also helped to lower their resting heart rate, therefore cutting the risk of a heart attack by more than 30 per cent! **MMH**



PEC-UP YOUR GAME

Ditch the barbell and get thicker pecs with this super fast dumbbell tri-set.

FITNESS MODEL Ryan Burke | **IMAGES** Dallas Olsen | **EQUIPMENT** Cyberfit

If you think the barbell bench press is the only move necessary for creating a solid chest, it's time to rethink your strategy. While pressing with a heavy barbell is great for building strength, training your chest with a pair of dumbbells could be better for chiselling those pectorals into something you can be proud of. When using a barbell, your dominant side will often compensate for your weaker side, resulting in more pronounced muscle imbalances and potentially causing injury over time. Dumbbells eliminate this problem, which is why we've created this quick 20-minute dumbbell workout that will save you time and give you the symmetrical barrel chest you desire.

The key to the workout is the tri-set technique, with your heaviest move first, targeting your upper pecs, and the remaining two moves involving slightly lighter weight. You'll perform each move consecutively until you have completed the first round of reps for all three exercises, before resting for a 90-second interval. Complete a total of three tri-sets and you're done. This workout will help thicken the upper portion of your pectoral muscles and promote activation of growth hormone.

THE WORKOUT

EXERCISE	REPS
Incline Dumbbell Press	8
Flat Bench Dumbbell Press	10-12
Dumbbell Flye	10-12

Note: As tri-sets increase the total number of reps performed at once, you may need to begin by reducing the weight you would normally use, and have a significantly lighter pair of dumbbells nearby for the flat bench and dumbbell flye movements. It also helps to use a bench with an adjustable back for easy transition between moves.

Incline Dumbbell Press

SET-UP: With a pair of dumbbells in your hands, lie down slowly on an adjustable bench that is at a 30-degree incline. With your feet flat on the floor, hold the dumbbells just outside your shoulders with your elbows facing outwards.

ACTION: Press the dumbbells up and towards each other until your arms are fully extended. Contract for a moment before bringing the dumbbells slowly back to the starting position. Do not exceed the chest plane.



TIP To stop your chest from adapting too quickly, change up the angle of your bench between 30 and 45 degrees on different days.





TIP Keep a neutral grip to ensure that no additional strain is placed on your wrists.

Flat Bench Dumbbell Press

SET-UP: Lie face-up on a flat bench, holding the dumbbells just past your shoulders with elbows facing outward. Abs should be tight and feet anchored flat on the floor.

ACTION: Lift the dumbbells and extend arms fully while not allowing your elbows to lock. Hold for a moment at the top of the movement and lower slowly to the starting position. Keep the weights balanced as you lower the dumbbells.

Dumbbell Flye

SET-UP: Lie flat on a bench with your back pressed into the bench. Hold the dumbbells above your chest with palms facing each other. There should be a slight bend in the elbows.

ACTION: Keeping elbows slightly bent, lower arms out to your sides until your wrists reach shoulder height, causing a slight stretch. Use your pec muscles to return the dumbbells to starting position, bringing your arms back to the top.



TIP Due to the increased arm extension, this exercise will require lighter weights than the presses.



Photo Credit: Shutterstock.com

CHOCOLATE PEANUT BUTTER PROTEIN SHAKE

This protein shake will keep your sweet-tooth cravings at bay while also filling you up.

INGREDIENTS

- 2 scoops chocolate protein powder
- 1 cup unsweetened almond, soy or skim milk
- 1 banana
- 2 tablespoons peanut butter
- 3-5 ice cubes
- Dark chocolate (optional)

INSTRUCTIONS

Combine the first five ingredients together in a blender until the mixture becomes smooth. Continue to add milk until you reach your desired consistency. Pour into your cup of choice and serve with a grating of dark chocolate on top.

NUTRIENTS PER SERVE

Calories 485, Fat 21.5, Protein 32g



THE POWER OF PEANUT BUTTER

Peanut butter is more than just a tasty spread to put on your sandwiches; it's actually filled with health benefits. Eating peanut butter helps to control and suppress hunger without leading to weight gain as it's considered a healthy, thick fat. Its high potassium level lowers the risk of high blood pressure, stroke and heart disease. Need another reason to enjoy this classic nut butter? It also helps protect against Alzheimer's disease, as peanuts are high in niacin, which is key in preventing memory impairment. So, put a dollop in your next protein shake – and don't feel guilty about licking the spoon afterwards! MMH

SHAPE-UP YOUR STYLE

As the weather heats up, it's time to start showing off those guns. MMH style guru Craig Lawson takes a look at what is making waves in men's fashion this season.

WORDS Craig Lawson

This year's spring vibe is a mix of city sophistication meets the beach with a touch of sporty. Australian fashion labels have delivered the old favourites and given them a fresh makeover. There is a strong, chilled masculine appeal with clothing ready to take you from the beach to the street with ease. The bold colours from last year have been replaced by shades in neutral tones of black, grey, blue and white. This season, look for edgy detail and tailored styles that are not so loose fitting as in previous years. For a relaxed summer hairstyle choose beach spray products to give that just-out-of-the water look.

RIP IT UP

Distressed denim is back in a big way but with more futuristic appeal. This doesn't mean to rip the pants yourself – you're not a teenager any more! Leave the ripped element to the experts for that designer edge. Denim is more fitted with cool biker detail and the fabric is lightweight to combat the heat. Technology has made for excellent-looking stretch denim that is perfect to show muscle definition and contour with leg shape. Distressed denim shorts are the must-have trend of the hotter months so buy them in several different colours. Let the denim be the feature of your look and opt to wear with a simple white fitted tee or singlet.



Skinny Fit biker Style Jeans by Boohoo.com RRP $50

Ripped Denim Jean Shorts by Silk Silk RRP $95

Mid-cut boot by Ecco Intrinsic RRP $249.95

Sand & Board Photo Credit: Shutterstock.com



25024 SUNMAN® floral shorts
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GET LOUD

This season is all about the surfer vibe, and it's been kicked up a gear by crossing over into street wear with a metropolitan direction. The clothing is more tailored with fantastic graphic prints and quality fabrics. Don't think you'll get away with wearing board shorts, a singlet and thongs. Not on my watch! Style it up with a waistcoat, silver chains or a slogan tee to really express yourself. In the water, boxer short swimwear is the leading style and great for all ages. Board shorts are always a safe option but go for loud prints to up the fun factor. Speedos are not for the faint-hearted – but always a good option when feeling body-confident.

PERSONALISE

Sunglasses are always sunshine essentials and this season it's all about multi-coloured lenses. Keep those feet happy and let them breathe, choose quality leather sandals that will wear better and be far more comfortable as the weather heats up. Sneakers are also hot right now; guys are even teaming them with dress pants for cool street appeal. High-tops are the sneakers of the moment; opt for colour as a surefire way to get people talking. **MMH**

MMH RECOMMENDS: Oakley has delivered a fresh range of styles for great effect when hitting the beach that will add that extra pop of colour. For more info visit www.oakley.com.au



Polarized Hollbrook
by Oakley
RRP $239.95

Marc Marquez Signature Silver Sunglasses
by Oakley
RRP$199.95

Shaun White Signature Series
by Oakley
RRP$199.95



The Ankle

By Dr. Matthew Davidson B.Sc., M.Chiro. Director, Hope Island Chiropractic Centre Certified Active Release Technique Provider Member, Member, Chiropractic Association of Australia,Member, Sports Chiropractic Australia

Ankle injuries in the general population are common, with inversion sprains and fractures occurring in one in 10,000 per day. Ankle injuries constitute up to 12 per cent of emergency room load in many hospitals. Ankle sprains comprise approximately 14 per cent of all sport-related problems, with an injury rate of six per 100 participates per season[1]. In the high-risk activities of jumping and running, sports ankle problems account for up to 25 per cent of all-time loss injuries. In basketball they comprise more than 50 per cent of major injuries and in soccer and volleyball more than 25 per cent[1].

Photo Credit: Shutterstock.com



“ANKLE SPRAINS COMPRISE APPROXIMATELY 14 PER CENT OF ALL SPORT RELATED PROBLEMS, WITH AN INJURY RATE OF SIX PER 100 PARTICIPATES PER SEASON.”

Anatomy

The ankle refers to the talocrural joint. This is the articulation between the talus and the distal tibia and fibula bone. The ankle is a hinge joint with a joint capsule and associated ligaments. This hinge allows for up and down moments otherwise known as dorsi flexion and plantar flexion. The functional unit of the ankle should include the subtalar joint. The subtalar joint is formed by the calcaneus (heel bone) and the talus above[2]. There are three different joint articulations between the two bones. The key motions of this joint are pronation (foot arch rolls in) and supination (foot arch rolls out, increasing its height). The three functions of this joint are:

1. To adapt to changes of terrain while walking
2. Pivoting the body on the feet, and
3. To provide shock absorption[2]

There is an extensive network of ligaments around the ankle medially, laterally and posterior. The medial ligament, also known as the deltoid ligament, is made of three distinct ligaments: the posterior talotibial, tibiocalcaneus and tibionavicular[2]. This ligament is extremely strong. It helps in controlling medial traction forces on the ankle as well as checking motion at extreme joint ranges. This ligament is so strong that the ankle usually fractures before it will snap.

The lateral collateral ligament is also made up of three ligaments: the anterior talofibular, calcaneofibular and posterior talofibular. The anterior talofibular ligament is the weakest ligament around the ankle and is continuous with the capsule[2,3]. It is a primary stabiliser against inversion and internal rotation for all angles of plantar flexion. It is this ligament that is strained when a person “rolls” their ankle. The anterior talofibular ligament is the main talar stabiliser and the calcaneofibular ligament acts as a secondary restraint[2,3]. The anterior talofibular ligament is injured in 65 per cent of ankle injuries, and combined injuries of the anterior talofibular ligament and calcaneofibular ligament occur in 20 per cent[3].

Nerve supply to the ankle is through the deep branches of the peroneal and tibial nerve L4 -S2.

Muscles involved in Movement

Dorsi flexion is the movement of the foot in an upward direction. Muscles that help produce this movement are the tibialis anterior, extensor hallicus longus, extensor digitorum longus and the peroneus tertius[3].

Plantar flexion is the movement that flexes the foot and toes in a downward (toward the sole) direction. Muscles that help produce this movement are mainly the gastroc/soleus muscles via the achilles tendon, with help from tibialis posterior, flexor hallicus longus, flexor digitorum and the peroneal longus and brevis[3].

Strengthening

Muscle conditioning exercises, plantar flexion, dorsi flexion, eversion and inversion are necessary, particularly after an injury.

These can be performed with Thera tubing or band and increased with resistance over time[4].

Proprioception, which is the ability for muscles to contract in response to movement changes in stretch receptors at a joint, is affected severely when one sprains the ankle. The ankle is rich in proprioceptors. Retraining the proprioception as soon as pain permits is essential to prevent further sprains in the future. The use of a wobble board, rocker board, and even single-leg standing exercises are essential and need to be progressed in terms of difficulty[4].

Once the athlete is pain-free and has a full range of motion, jumping, hopping, twisting and figure-eight running can be prescribed. Progressing to some loaded calf raises can also help strengthen the surrounding musculature[4].

What can go wrong?

Ankle Sprains

Ankle sprains account for 40 per cent of sports injuries and are one of the most common soft tissue injuries. Sports such as basketball and volleyball have a greater incidence[5]. The lateral ankle is the most commonly involved side of the ankle to injure, which is caused by an inverted, plantar-flexed foot. The medial aspect of the ankle is rarely injured.

Ankle sprains to the lateral complex of ligaments is a common cause of ankle instability and have a chronic incidence as high as 70 per cent after suffering an acute ankle sprain[5].

The most common ligament affected is the anterior talofibular ligament. This ligament becomes tight from dorsi flexion to plantar flexion (foot upwards to foot downwards). The mechanism of injury is an inverted, plantar-flexed foot with an internally rotated hind foot and an external rotated leg[5]. The athlete or person will have associated swelling, bruising and difficulty weight bearing.



Rory McIlroy photo: David W. Leindecker / Shutterstock.com

Rory Rory McIlroy suffered a ruptured ligament in his ankle while playing football with friends in July but rushed back to defend his US PGA Championship title at Whistling Straits a month later.

Imaging of the ankle can involve an x-ray in various positions to assess ligament integrity or even an MRI. An MRI is the most accurate and non-invasive modality and should be the test of choice.

Conservative treatment initially involves the RICE principle of Rest, Ice, Compression and Elevation. Physiotherapy and rehabilitation to improve muscular strength, range of motion and sensorimotor control are essential [5].

In the literature, functional management of these types of injuries is most favourable. Mobilisation, not immobilisation, is recommended[5]. Isometric muscle strengthening should commence early within a week, progressing to isokinetic strengthening after a week [5]. Proprioceptive and strengthening of the peroneal muscles up the side of the ankle should begin as soon as pain is tolerable. As pain subsides, muscle strengthening exercises and endurance exercise should be expanded. The use of braces to help support the ankle is recommended in functional treatment and has been proven to decrease the rate of reinjury[5]. **MMH**

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TAKE THE MMH CHALLENGE

SEE PAGE 92

Photo Credit: Dallas Olsen

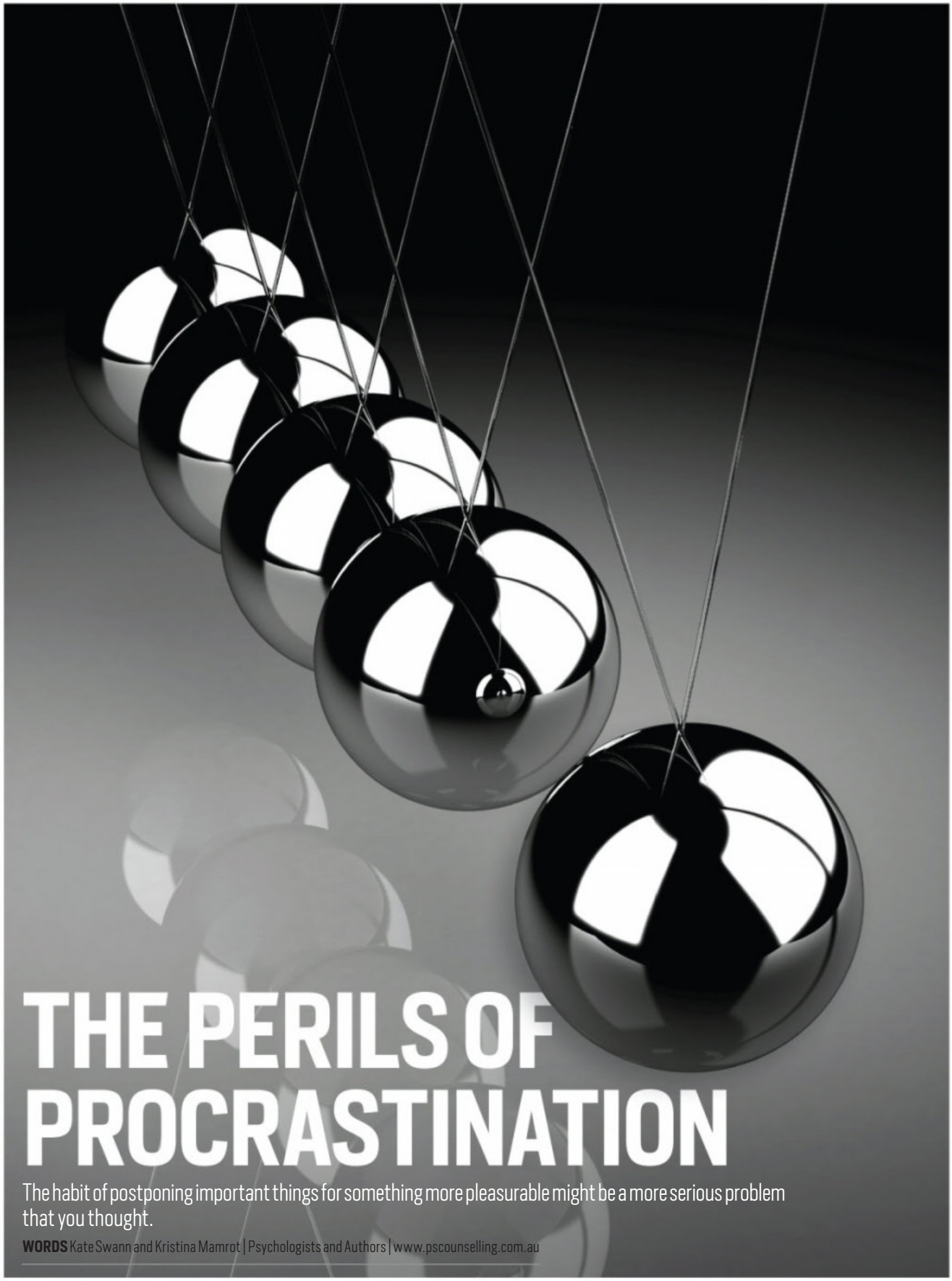


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THE PERILS OF PROCRASTINATION

The habit of postponing important things for something more pleasurable might be a more serious problem that you thought.

WORDS Kate Swann and Kristina Mamrot | Psychologists and Authors | www.pscounselling.com.au

THERE WAS ONLY ONE THING ON MY TO-DO LIST FOR THIS MORNING: WRITE PROCRASTINATION ARTICLE.

Here's what I actually achieved this morning:

- ☑ Read the news online
- ☑ Organised my desk
- ☑ Organised my to-do list
- ☑ Walked across the road for a coffee
- ☑ Flipped through social media
- ☑ Walked across the road for another coffee
- ☑ Flipped through social media again
- ☑ Made some phone calls that needed to be done by the end of the week
- ☑ Had an unnecessarily long chat with a colleague
- ☑ Checked my emails



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Are you getting the picture? As if it isn't bad enough being a procrastinator, I had stooped to a new low… procrastinating while writing an article about procrastination!

It's normal to delay or postpone doing something important in favour of something more pleasurable. But procrastinating can become a serious problem for some people, resulting in problems at work, difficulties at home, and lost opportunities. People who procrastinate replace high-priority tasks with low-priority tasks – they postpone doing important things or making decisions, replacing these with counterproductive or needless tasks.

Procrastinators often feel anxious, stressed and guilty. They may feel like they are in crisis as the pressure builds or deadlines approach, and they can develop a sense of themselves as a person who fails – or a person who lets other people down.

What are the consequences of procrastination? To begin with, procrastinators may have great difficulties in their jobs (imagine working in a team with a chronic procrastinator). They are often viewed by colleagues or friends as lazy, lacking willpower or not having ambition. Procrastinators may also miss out on opportunities, both business and social, because of their affliction. More seriously, a procrastinator's health may suffer, as there can be serious consequences to not getting regular check-ups or having that lump checked out. Finally, their family relationships can suffer, and procrastinators can be very frustrating to live with!

"PROCRASTINATING CAN BECOME A SERIOUS PROBLEM FOR SOME PEOPLE, RESULTING IN PROBLEMS AT WORK, DIFFICULTIES AT HOME, AND LOST OPPORTUNITIES."

So if you feel rotten when you procrastinate, and it has negative consequences, why do it at all? Psychologists have researched procrastination along several lines of thought.

Procrastinators may choose to focus on the present with immediate (albeit small) rewards, rather than the future where the reward or benefit feels distant. For example, cracking open a chocolate bar and having a coffee instead of getting out for that walk. Sure, the chocolate and coffee provide an instant lift and distraction, but in the long run you'll feel better if you're healthier.

Some people procrastinate because they're not in the mood to get the task done, and they think their mood will change down the track when it will be easy to get it completed. This type of thinking creates what researches have called a Procrastination Doom Loop.

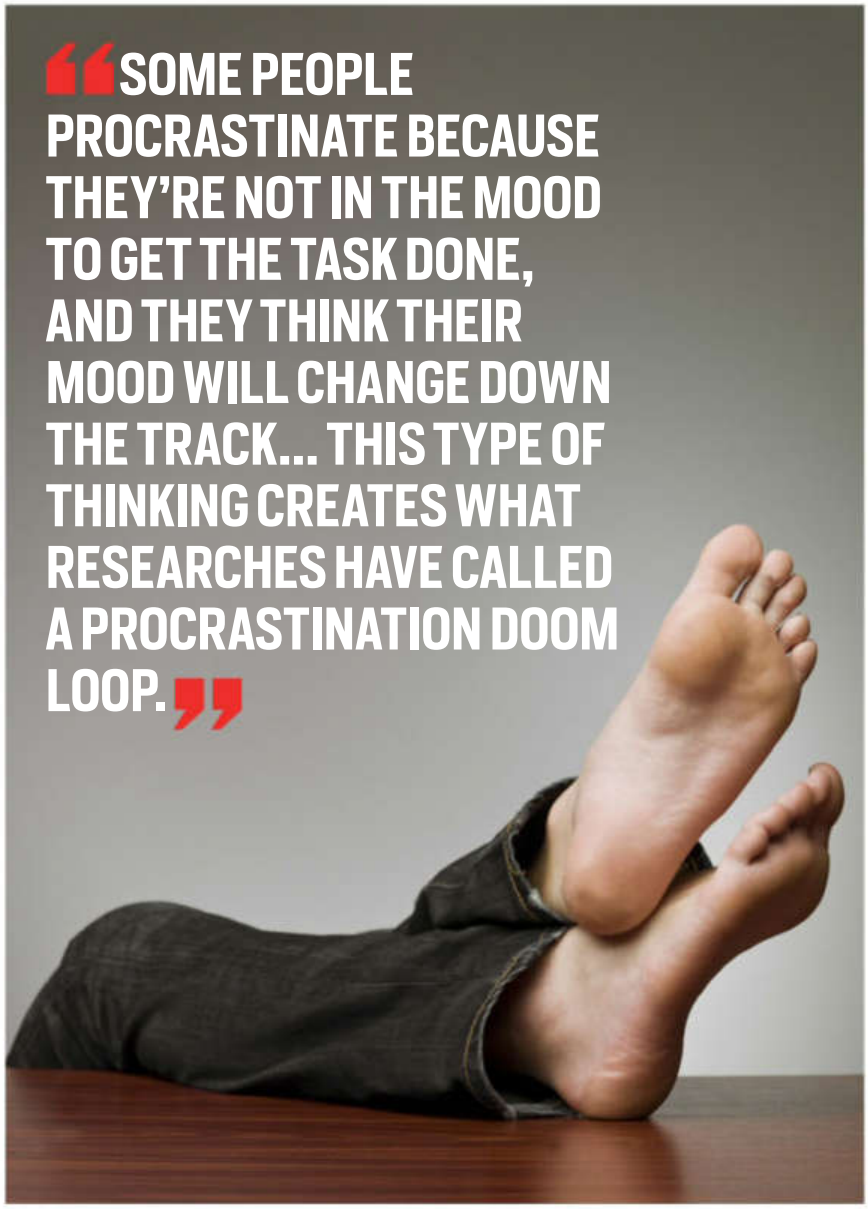
Putting off the task creates stress and lowers the mood, which means the procrastinator is never in the right mood to get the job done.

Procrastination can also be a coping strategy to manage overwhelming emotions. Sometimes we aren't even aware we're feeling overwhelmed by our emotions (because they're sub-conscious), we just swing into procrastination mode to avoid thinking about it, or facing up to our responsibilities.

It is thought that some procrastinators may have poor impulse control or struggle with focusing their attention, resulting in difficulty filtering out distracting stimuli (this is similar to findings in research on ADHD where the brain's pre-frontal lobes are commonly under-activated).

For some, procrastinating is a learned, entrenched habit; they were not born this way. It may be a response to an authoritarian parenting style when growing up – having harsh, controlling parents prevents children from learning to regulate their own behaviour and emotions and they may never learn to act on their decisions (because decisions are made for them). In these households, procrastination can be a form of rebellion as it may be the only form of control a child or adolescent has available to them.

Procrastination has also been associated with perfectionism. Procrastinators may fear nothing they do is ever good enough, have a tendency to negatively evaluate outcomes, or they may fear and avoid evaluation by others.



"SOME PEOPLE PROCRASTINATE BECAUSE THEY'RE NOT IN THE MOOD TO GET THE TASK DONE, AND THEY THINK THEIR MOOD WILL CHANGE DOWN THE TRACK... THIS TYPE OF THINKING CREATES WHAT RESEARCHES HAVE CALLED A PROCRASTINATION DOOM LOOP."

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TOP TEN WAYS TO BEAT PROCRASTINATION

1./ **Make sure you're not confusing reasonable delay with procrastination.** Sometimes it IS more productive to do things later.

2./ **Work out a system to remind yourself** why the future benefit is important to you so you can bypass the immediate short-term reward.

3./ **Tell yourself you're a person who does things automatically,** without having to think. Don't listen to that sabotaging voice in your head that tells you you're lazy and hopeless and don't get anything done. You're not – you're a task-oriented achiever!

4./ **Make sure you give yourself plenty of down time** so you're not overloaded and putting things off because you don't have the energy to do them. 'Me' time is vital.

5./ **Remember you're a work in progress** – you're not a finished product that was born knowing how to get cracking. You have to train yourself to think and behave differently when it comes to getting things done. It takes time, practice and patience.

6./ **Give yourself a pat on the back** when you do each thing that's on your list no matter how small. It's okay to be stern with yourself, but you need the credit too.

7./ **You know those people who say they perform better when there's a looming deadline?** Deadlines help connect us to our responsibilities, and can cut through the Doom Loop. But beware – deadlines set by others are probably more effective than deadlines you set yourself.

8./ **Get out your pen and paper (or to-do app)** and break the task down into the smallest goals you can. Cross or tick off each item as it's completed and make sure you reward yourself afterwards.

9./ **Getting started is often the hardest part.** So instead of saying to yourself, "just do it (you idiot)", try saying, "just get started". This keeps the task from being too overwhelming.

10./ **Accept that you're human,** and let yourself off the hook for not doing everything as perfectly as a robot. Sometimes near enough is good enough. MMH

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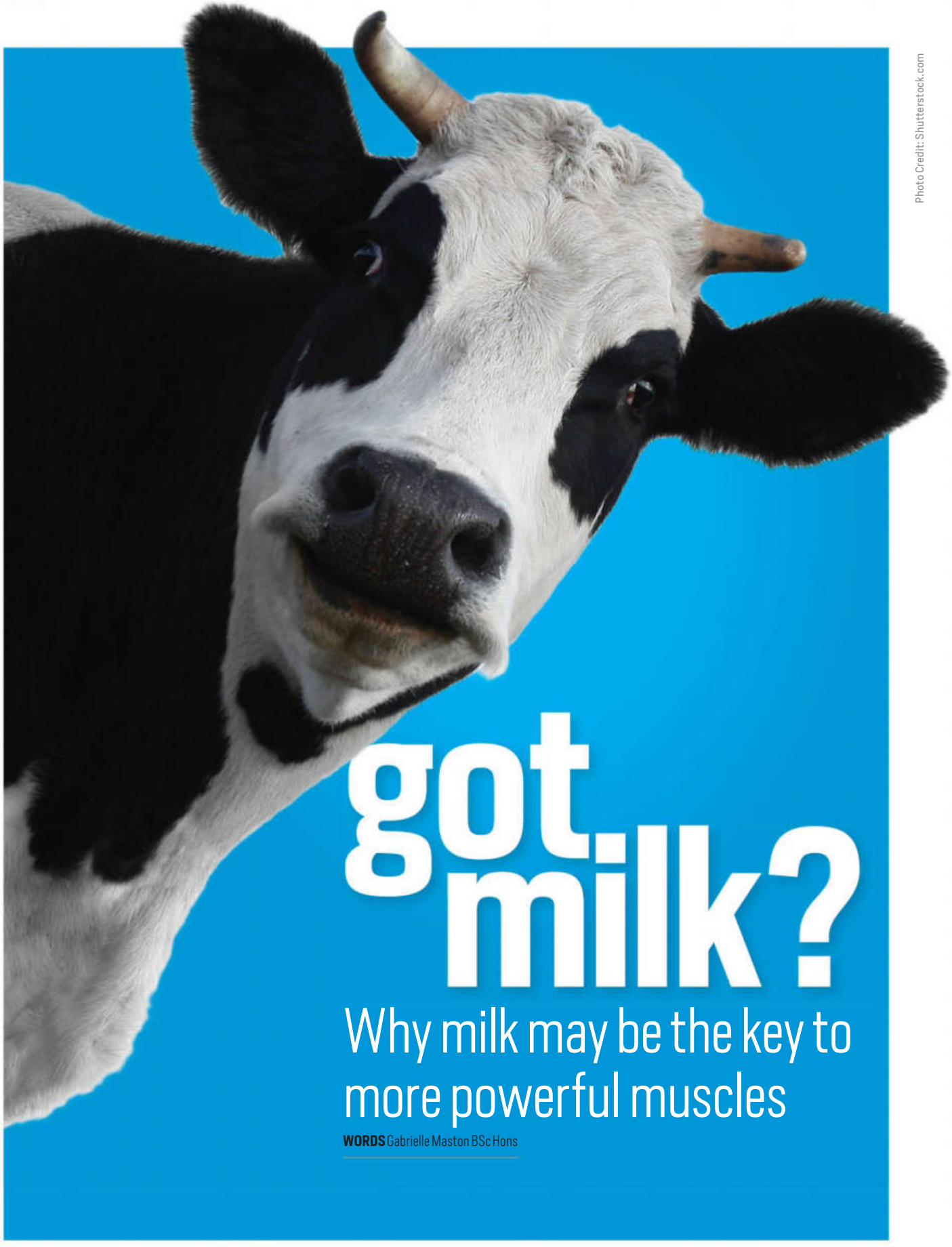


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got milk?

Why milk may be the key to more powerful muscles

WORDS Gabrielle Maston BSc Hons

Photo Credit: Shutterstock.com

IT IS COMMON KNOWLEDGE THAT PROTEIN IS BENEFICIAL TO STRENGTH TRAINING, AND SOURCES OF PROTEIN SUCH AS BEEF, PORK, LAMB, CHICKEN, EGG AND FISH HOLD A COMMON PLACE IN MOST SPORTS-RELATED DIETS.

High-bioavailable protein foods contain all 20 amino acids, which are the building blocks of protein. However, one protein source often taken for granted is dairy. Studies have shown that whey protein found in milk is a powerful ergogenic aid due to its unique amino acid profile. Whey protein has shown to be the best performance enhancer in power-based training and sports.

Whey protein enhances performance by stimulating protein synthesis, which results in increased lean muscle. Athletes, through the combination of heavy resistance training and protein consumption, show an increase in power and strength, which is extremely important in power-based sports such as powerlifting and sprinting.

There is emerging research that has shown whey protein to be highly beneficial for endurance athletes too. In long endurance-based sports (marathons) and in sports that cross train (for example, triathletes), protein stores are used as an alternative fuel source. Although not ideal, it is still a significant way athletes can have a competitive edge over others, especially when optimising carbohydrate intake is difficult. Protein has been an underutilised energy supply, one which we can now take advantage of.

Whey protein is derived from cows' milk. It is the waste product of milk used to make other dairy products such as cheese. A glass of milk is made from a combination of nutrients:

- **Protein component:** whey and casein
- **Carbohydrate:** lactose sugar
- **Fats:** combination of saturated and unsaturated
- **Many other nutrients** and vitamins including calcium



The two types of protein found in milk are whey and casein. What makes whey protein so unique is the density of the amino acid leucine.

Leucine is just one of the nine essential amino acids, meaning we have to obtain this from our diet. The body cannot produce it on its own by recycling existing proteins such as the non-essential amino acids. What we do know is that leucine, a branched chain amino acid (BCAA), has a key role to play in protein synthesis, meaning it switches on the genes for muscle growth and repair after exercise. This is exactly what you need to build more muscle and recover faster.

Casein protein is made up of 9.3 per cent leucine; it coagulates in the gut and digests slower than whey protein. This means that the leucine is also slow to enter the blood stream. Whey protein, on the other hand, has 11 per cent leucine and is rapidly digested. It stimulates greater muscle protein synthesis than casein, both at rest and following exercise. It produces greater gains in lean mass and strength too. The faster a protein is digested, the sooner its amino acids enter the blood stream and switch on protein building.

In this case faster is better. The quicker you start protein synthesis activation, the quicker the growth and repair of your muscles can begin. It's more important to get the right amount of leucine pre- and post-strength workout than it is to get protein grams as a whole.

It has been shown that 2.5g of leucine is needed to stimulate metabolic pathways that enhance muscle growth and maintain lean muscle tissue. Lowering leucine during high-volume aerobic and/or strength training is also thought to be a factor in overtraining syndrome.

It only takes 25g of animal protein or whey protein to give you the necessary 2.5g of leucine. People should aim to have at least 10g leucine per day from primarily food or, if needed, supplements.

"WHEY PROTEIN ENHANCES PERFORMANCE BY STIMULATING PROTEIN SYNTHESIS, WHICH RESULTS IN INCREASED LEAN MUSCLE."

Food (serving size)	Leucine (grams)
Cottage Cheese (1 cup)	2.9
WPI Protein Supplement (30g = 1 scoop)	2.6
Turkey Breast (105g)	2.4
Chicken Breast (105g)	2.3
Wild Salmon (105g)	2.0
Canned Tuna (105g)	2.0
Haddock (105g)	1.9
Beef "Loin" Cuts (105g)	1.9
Skim Milk (1 cup)	.8
Yoghurt (1 cup)	1.4
Red Kidney Beans (1 cup)	1.3
Lentils (1 cup)	1.3
Mozzarella Cheese (30g)	.67
Soybeans (30g)	.65
1 large Egg	.5
Almonds (30g)	.4
1 egg white	.3

Supplements are not always necessary for performance enhancement. Although it may be convenient for most people, it can be an added expense. You can easily obtain the same amount of nutrients from your diet, and drinking a glass of milk pre- and post- strength training may be all that you need to get the muscle-building benefits from whey protein. If you still decide to use a protein supplement, use a WPI and choose whey protein as it has the highest amount of leucine.

The other nutrient components of milk also make it very useful to training. The fact that milk is a combination of both carbohydrate and protein has an advantage. Lactose, the sugar found in dairy products, is also useful for muscle building because it stimulates insulin release after digestion. Insulin is necessary for pushing protein into muscle cells for energy and growth. It also helps to restore glycogen stores after training in endurance-based athletes.

There are many studies that show the ingestion of a protein and carbohydrate combination post-workout is highly beneficial for muscular strength gains. Milk is the perfect powerhouse drink to accommodate these needs, in the right amounts.

A 200ml glass of skim milk has 9g of protein; 10 per cent of that protein is leucine (calculating at 0.9g leucine per 200ml). This means 600ml of skim milk alone could give you 2.7g of leucine, more than the amount you need to stimulate growth. It will also provide you with an insulin spike post-workout to aid with recovery and repair.

For marginally better results, one scoop of protein powder will also suffice, however it doesn't contain the carbs you need for the insulin spike. Your humble glass of milk truly has superpowers!

"IT'S MORE IMPORTANT TO GET THE RIGHT AMOUNT OF LEUCINE PRE- AND POST-STRENGTH WORKOUT THAN IT IS TO GET PROTEIN GRAMS AS A WHOLE."

There is a very small window of opportunity for better protein absorption around training. It is much more important to get the timing right of your leucine and carbohydrate intake, than it is to eat protein throughout the entire day. Aim to get your 2.5g of leucine in whole food form, 30-45 minutes pre-workout and within two hours post-strength training workouts for optimal muscle building.

For those of you who are lactose-intolerant, have allergies or follow a vegan diet, there are alternatives so you too can get the valuable amounts of essential amino acids. For example meat, chicken, fish, egg and soy protein are all complete proteins. They could be used in a similar fashion to whey protein or skim milk. Although the research has shown whey protein to be the most effective, these alternatives will also provide benefits to performance and recovery.

Take note that you may need to overshoot protein consumption if using soy, hemp or pea-based protein as these proteins only have a 60-80 per cent absorption rate compared to 90-100 per cent of animal products and dairy, so you may require more to get similar protein synthesis effects. **MMH**

Gabrielle Maston BSc Hons is an exercise physiologist, clinical & sports dietician at Changing Shape diet & exercise specialists in Sydney, health & wellness writer, consultant & lecturer at FIA fitness college. E-mail Gabrielle at info@changingshape.net.au or visit her website ***changingshape.net.au*** *for more information.*

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Grilled Chicken and Quinoa Greek Salad

Make mealtime more fun with this flavoursome protein-packed salad to keep you going.

INGREDIENTS

- 225g quinoa
- 25g butter
- 1 red chilli
- 1 crushed garlic clove
- 400g chicken fillets
- 1½ tablespoon olive oil
- 300g vine tomatoes
- 1 handful kalamata olives
- ¼ red onion
- 100g feta cheese
- ½ cup lemon juice

INSTRUCTIONS

Begin by cooking the quinoa following the packet instructions, then rinse in cold water and drain. Meanwhile, finely chop the red chilli, red onion and vine tomatoes. Mix the butter, chilli and garlic into a paste. Toss the chicken fillets in the olive oil and place on a hot pan and cook for five minutes each side or until they are cooked through. Once cooked, place the fillets on a plate and drizzle the spicy paste over and allow it to melt. Next, mix the tomatoes, feta, olives and onion into a bowl along with the cooked quinoa and lemon juice. Serve on a flat plate with chicken on top.

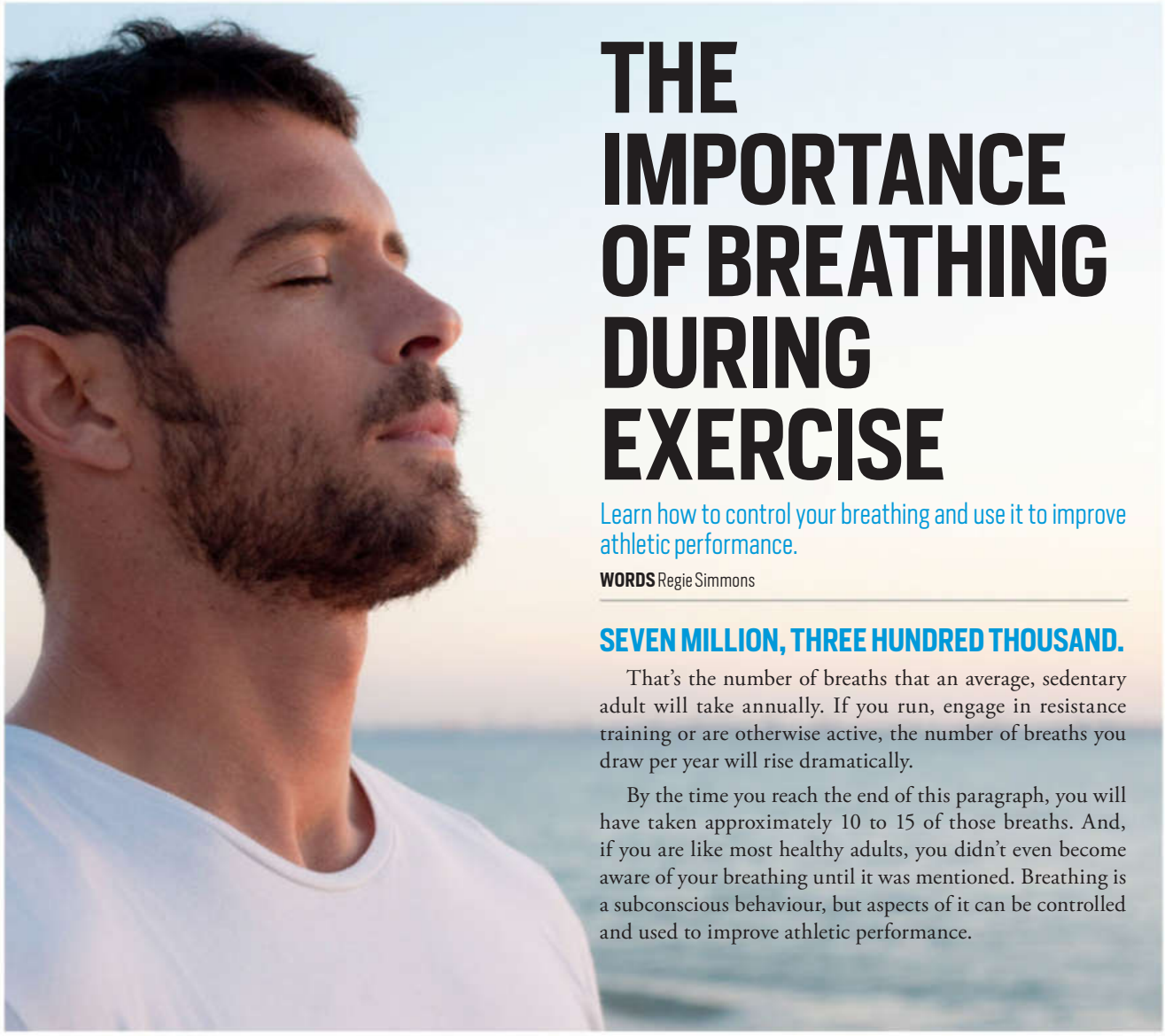
NUTRIENTS PER SERVE:
Calories 473, Protein 37g, Fat 2g, Carbs 35g

QUINOA

Quinoa is one of the healthiest grains as it's naturally gluten-free and contains iron, vitamin B-E, magnesium, potassium, calcium and fibre… the list goes on. It is one of the few plant-based foods that is considered a complete protein and also contains essential amino acids. So throw the rice away and add quinoa to your next meal for the ultimate protein hit! MMH



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THE IMPORTANCE OF BREATHING DURING EXERCISE

Learn how to control your breathing and use it to improve athletic performance.

WORDS Regie Simmons

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SEVEN MILLION, THREE HUNDRED THOUSAND.

That's the number of breaths that an average, sedentary adult will take annually. If you run, engage in resistance training or are otherwise active, the number of breaths you draw per year will rise dramatically.

By the time you reach the end of this paragraph, you will have taken approximately 10 to 15 of those breaths. And, if you are like most healthy adults, you didn't even become aware of your breathing until it was mentioned. Breathing is a subconscious behaviour, but aspects of it can be controlled and used to improve athletic performance.

Breathing 101

Before discussing methods of proper breathing, let's first examine the process, which is often referred to as respiration. It is estimated that 80 per cent of the Western population breathes incorrectly by utilising the mouth instead of the nose to bring air into the body. Breathing through the mouth results in shallow breathing and can worsen respiratory-related conditions such as asthma, allergies and sleep apnea. Unlike the mouth, the nostrils and sinuses are uniquely designed to warm and filter air prior to it entering the lungs. Mouth breathing also provides an inadequate amount of oxygen to the body as opposed to nasal breathing.

Respiration can be divided into two distinct parts: inspiration (breathing in) and expiration (breathing out). On its surface, breathing is fairly

BREATHING TIPS

1. **Inhale through your nose** and exhale through your nose or mouth.



2. **Don't take short** shallow breaths.



3. **Avoid holding** your breath.



"LEARNING TO BREATHE CORRECTLY CAN IMPROVE YOUR ATHLETIC PERFORMANCE BY ENSURING THAT YOUR BODY IS RECEIVING AN AMPLE SUPPLY OF OXYGEN."

straightforward, but in reality it is a very sophisticated process.

During inspiration the diaphragm, intercostal and external intercostal muscles work to expand the chest cavity and rib cage. This increase in chest volume allows oxygen to enter the body via the nostrils, throat, larynx and trachea. Inhaled air is channelled by the body's airways to alveoli in the lungs. These microscopic sacs are responsible for exchanging oxygen in the air with carbon dioxide in the blood. The surfaces of the alveoli are incredibly thin and allow molecules like oxygen and carbon dioxide to be easily exchanged. Once the exchange occurs, the diaphragm and external intercostal muscles relax, allowing carbon dioxide to escape the body. This process of inspiration and expiration occurs continuously, even while sleeping.



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Enhanced Performance

Once in the blood, oxygen is delivered to cells throughout the body by the heart and blood vessels. Cells, including those in muscle, utilise oxygen to transfer the energy from food into a usable format. The body's oxygen requirements increase during exercise because more energy is needed. And, as one would imagine, there is a build-up of carbon dioxide that will be expelled.

Learning to breathe correctly can improve your athletic performance by ensuring that your body is receiving an ample supply of oxygen. If your lungs are able to draw in more air, an increased amount of oxygen is available for the cells of your body to generate energy that can be directed to your chosen activity.

Proper breathing will also prevent you from becoming lightheaded, dizzy or hyperventilating, which happens when you inadvertently hold your breath or take shallow breaths.

Proper Breathing During Cardio

The experts seem to disagree on the ideal inhale-to-exhale ratio for activities like running. Some would suggest that the ideal ratio is 3:2 whereas others would suggest that a 2:2 or 3:3 ratio is optimal.

Like many things, the ideal ratio is something that should be personalised based upon your overall cardiovascular health, physical health, and experience running. Adjustments should also be made based upon the terrain you encounter. If you are running in a hilly environment for example, your inhale-to-exhale ratio may be lower on the climb versus the descent.

Regardless of the ratio used, you want to find a consistent rhythm that you can maintain irrespective of the cardiovascular activity that you engage in (for example walking, elliptical or Stairmaster). Instead of trying to count your breaths, you should use footfalls or steps to maintain your timing. If you are using a 3:2 ratio for example, you inhale on left, right, left and exhale on right, left. Rhythmic breathing will slow the heart rate, eliminate erratic breathing and provide the body with ample oxygen.

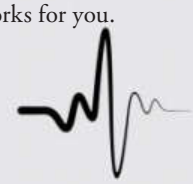
Proper Breathing During Resistance Training

Resistance training breathing is comparatively straightforward. All you need to do is exhale during the working portion of the movement. If you are squatting for example, you inhale on the way down, and exhale on the way up. This approach works the same if you are performing a standard bench press. With this movement, you exhale while pressing the weight upward and inhale as you lower it to your chest.

The key with breathing during weight training is to remember to breathe! All too often, people will hold their breath, causing dangerous spikes in blood pressure. Improper breathing while lifting heavy loads can also result in internal injuries including hernia, and capillary rupture.

It may take a little practice, but you should be able to master the proper breathing technique within a matter of weeks. **MMH**

4. **Find a breathing rhythm** that works for you.



5. **If you wear headphones while running, resist the temptation to allow musical selections to dictate your breathing.** People have a tendency to inadvertently run faster during high-tempo songs.

6. **Strengthening your core muscles, namely the intercostal muscles**, will enable you to expand your chest cavity's breathing capacity.

7. **Keep your chest up** and your back straight when working out.



BLOOD FLOW RESTRICTION



TRAIN LIGHTER AND MAINTAIN MUSCLE

WORDS Stent Card (MPhty., BExSc)

BLOOD FLOW RESTRICTION (BFR) IS CURRENTLY BEING USED AROUND THE WORLD TO IMPROVE OR MAINTAIN MUSCLE SIZE, ENDURANCE AND STRENGTH WHEN ONE CANNOT EXERCISE AT FULL CAPACITY. It is thought to have developed in Japan in the 1970s under the name KAATSU. In Japanese KA means additional and ATSU means pressure.[1]

Our muscular strength and size are key factors for performance and injury prevention. Muscle size and strength can be lost very quickly with inactivity. For example, within 24 hours of a knee injury such as an ACL tear, muscle strength and size can rapidly reduce. However, it takes an extended period of time and effort to return. For this reason rehabilitation specialists and athletes find the area of research of BFR very interesting and exciting.

What we know is that for muscle growth to occur we need to lift weight that is 60 per cent of our one-repetition maximum (1RM).[2] The issue arises when we are unable to meet this requirement, which may be in times of pain, post-surgery, acute injury or, for a select few, even space travel.

BFR involves reducing blood flow out of a muscle via the use of an external device. It has some risks; however research has demonstrated these are very low if people are screened correctly.

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How do we perform blood flow occlusion training?

Training with blood flow restriction (BFR) is relatively simple and can also be inexpensive. BFR training involves applying some form of external pressure to either the upper or lower limbs via a tourniquet, elastic band or pressurised cuff. Therefore, you would place the restriction device near your armpit or groin/hip region.

BFR can be used during exercise including walking, cycling or lifting weights, or applied without exercise.

The pressure needs to be at a level at which your oxygenated blood can still get to the muscles, yet your deoxygenated blood cannot leave. This is the occlusion/restriction aspect.

The desired occlusion level is thought to coincide with a self-guided 7/10 scale, 10/10 being as tight as possible, or more accurately from 50mmHg to 180mmHg (100mHg is the most commonly used for a pressurised cuff).

If you are following an exercise protocol with BFR you would perform your sets of a selected exercise while keeping the external pressure on. You would not perform a full workout with constant occlusion as this may have risks associated with it. Five minutes max per occlusion period is recommended. The total time of occlusion for two to four sets may be five minutes. It has been suggested by Pope and colleagues that this may be considered one block.[3] It is then possible you could perform multiple blocks during one training sessions, making sure you have about five minutes rest between each.

The weight you select can be 20-50 per cent of your 1RM. While utilising BFR with lifting you may want to do this two to three times a week, three to five sets per session, in a rep range of 15-failure and minimal rest between sets of 30-45 seconds. Depending on the goal and current training status this may be increased to twice a day.[3]

Muscles that can be trained with the use of BFR include the calves, hamstrings, quadriceps, arms and forearms.



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What you need:	External occlusion device
Pressure:	7/10, average of 100mmHg
Weight:	20–50 per cent of 1RM
Frequency:	2–3 days per week
Sets:	3–5
Reps:	15–failure
Constant occlusion time period:	5 minutes at one time
Body parts:	Arms and legs

When would we use blood flow restriction training?

The main benefit of blood flow restriction training is that the weight required to maintain or even create muscular growth is very low in relation to non-occluded training.

As stated, the weight can be 20-50 per cent of your current 1RM, thus the load applied through your body is reduced. An interesting point is that BFR can be applied even if one is not performing loaded exercise. This is thought to slow down muscle loss. In saying so, best effects are seen when using the desired low 1RM. It appears best for times of rehabilitation or deloading phases of one's gym program.

BFR could be utilised for most people who are currently unable to lift greater than 65 per cent of their 1RM. This can range from post-surgical situations, injured athletes and the elderly. Post-orthopaedic surgery, obesity and diabetes populations have been reported to benefit from BFR.[7] A specific example would be immediately post-ACL repair when the athlete is relearning how to activate their quads and going through the basic low level quad activation exercises for the next few months.

How does it work?

The exact reasoning behind how BFR works is not yet known, however there are some well supported theories. Research has demonstrated exercising with BFR, or even just wearing it, has resulted in maintenance or an actual increase in:

- muscle strength
- muscle growth
- muscular endurance
- cardiorespiratory endurance

The fascinating thing is that these results are from using weight as low as 20% of 1RM or, as stated, just utilising BFR without any lifting.[3]

There are numerous hypotheses as to why we can still maintain muscle or even increase muscle with such low weights or just by applying a BFR device. Research is not clear on how BFR works on a cellular level because positive results have been shown to occur without the normally proposed mechanisms: metabolic accumulation, hormonal responses or additional muscle fibre recruitment. The following are some potential reasons as to why BFR may work, provided by Pope and colleagues.[3]

- Recruitment of fast-twitch muscle fibres
- Increased duration of metabolic acidosis
- Increase signalling and growth factor expression
- Metabolic adaptations to compromised oxygen delivery
- Release of a product that promotes tissue growth
- Cell swelling

As stated, blood is restricted from leaving the targeted area, in turn causing a metabolic accumulation of by-products. Growth hormone concentration has been shown to increase 290 times greater than at rest and 1.7 times greater increase than what has been reported for high-intensity resistance exercise when BFR is applied.[4] Most would be aware of the positives of growth hormone and its indirect links to muscle growth.

The accumulation of by-products can increase muscle fibre recruitment with an increased activation of fast-twitch muscle fibres. The benefit of this is that type-1 fibres, which are fatigue-resistant and can produce low force, are not recruited. Thus type-2 fibres, which can produce greater force and have the greatest potential for growth, are actually recruited first. This is opposite to normal muscle fibre recruitment in which type-1 are recruited before type-2. During BFR, type-1 fibres cannot maintain force and therefore type-2 fibres (which we want to stimulate for muscular size) are activated very early during the reps. This process is replicating what occurs when we lift with weights above 65% of 1RM - a great aspect of BFR.[5]

> **"THE MAIN BENEFIT OF BLOOD FLOW RESTRICTION TRAINING IS THAT THE WEIGHT REQUIRED TO MAINTAIN OR EVEN CREATE MUSCULAR GROWTH IS VERY LOW IN RELATION TO NON-OCCLUDED TRAINING."**

The accumulation of metabolites via occlusion favours a flow of blood into your muscle fibres. This is known as cell swelling and it is thought that this threatens the cell, creating an anabolic response such as protein synthesis and also may cause activation of satellite cells – all promoting muscle growth.[3]

When we exercise or just utilise BFR alone there is some form of replication of what would occur if we were to lift with heavy weights above 65% of 1RM. The exact reason is still unknown and more research is required.

What is the risk?

Cutting off your blood supply does not sound safe, does it? Well, you will be happy to know that research has shown BFR to be relatively safe. Keep in mind, as with any form of exercise, there is always risk. It should always be calculated, making sure the benefits well outweigh the risks.

A study conducted in 2006 on the use and safety of KAATSU, which is a specific form of BFR requiring certification, found 80 per cent of the facilitates were happy with the results and only a small number of the studied had complications.[6]

The number one risk as found by the research appears to be bruising caused by the restrictive device. Numbness is the second most common issue, however it has been quoted to resolve once the restriction is removed. These two issues become less of a risk as your experience builds with using BFR.

Some severe associated risks have also been identified. These include variations of blood clots and rhabdomyolysis: the breakdown of muscle tissue followed by the release of the contents into the blood stream. Dizziness and fainting have also been reported.[6]

Those with serious health issues need to be screened before attempting BFR. One must take care with patients with heart issues, post-stroke and those with high blood pressure. If performed correctly, BFR should be safe in regards to blood clots because under the desired restriction blood flow should not be completely stopped. If one has heart disease this may pose a significant risk depending on the specific disease. A decreased amount of blood flow around the body may lead to a reduction of blood to bodily organs.[6]

A good pre-screening from physiotherapist Paul Head in the UK[7] has been developed to rule out those who should seek medical guidance before utilising BFR as they have a higher risk of complications.



Photo Credit: Shutterstock.com

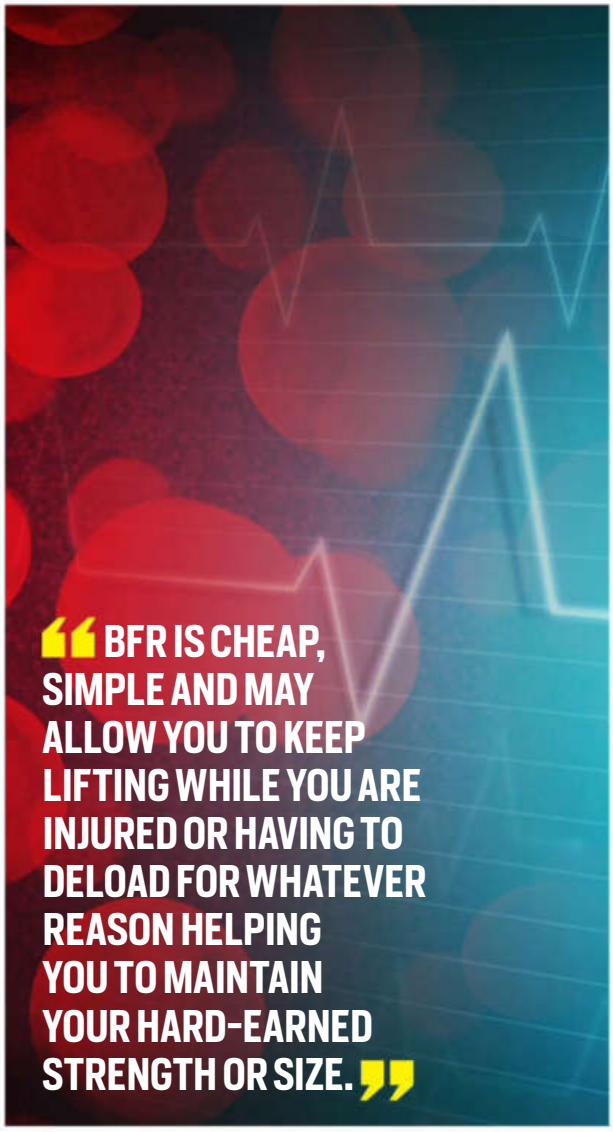


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Pre-training Screening Questionnaire

1. Do you have a personal or family history of clotting disorders (eg SLE (lupus), haemophilia, high platelets)?
2. Do you have a past history of DVT or pulmonary embolus?
3. Do you smoke?
4. Are you on any medication including the contraceptive pill?
5. Do you have a history of injury to your arteries or veins?
6. Do you have a history of injury to any of your nerves (including back or neck injury)?
7. Do you have diabetes? Does anyone on your family have diabetes?
8. Does your current or previous training include resistance training?
9. Do you have any history of high blood pressure?

It is thought that if you have none of the issues above then BFR training should be safe as long as you adhere to the guidelines. However, it is always best to consult your health care professional before undertaking any new program.

Wrapping it up

Blood flow restriction training requires you to use an external device to decrease blood flow out of a muscle. You can perform this with or without exercise. If using it with lifting you can use as little as 20% of your 1RM. Results have been positive in that research has shown one can maintain or increase their muscle size and strength while using BFR. There are associated risks involved. It must be said that if you do not have to reduce the load being lifted, training with heavy resistance is more beneficial than BFR. BFR is cheap, simple and may allow you to keep lifting while you are injured or having to deload for whatever reason helping you to maintain your hard-earned strength or size.

Happy, heavy and safe lifting.
MMH

If you have any training or any particular injury questions you can contact myself, Stent Card on social media
Facebook: ***TheRehabman***
Instagram: ***STENTCARD***

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ABOUT THE AUTHOR

Stent Card is a treating physiotherapist assisting people to live a pain-free and healthy life. Stent believes “knowledge is power,” having a strong focus on educating people and helping them achieve their physical and mental best. Stent provides informative articles on all things fitness, injury prevention and rehabilitation. Stent has his Masters in Physiotherapy and Bachelor in Exercise Science graduating from Griffith University on the Gold Coast. His passion strongly lies within health and fitness and he is also a qualified personal trainer and sponsored fitness model competitor. For any enquires contact Stent via **truefitness@live.com.au**

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THE SUPPLEMENT GAME

7 SUPPLEMENT MYTHS BUSTED!

WORDS Aaron Smith

The supplement world is an interesting place and is controlled by very smart people putting together even smarter marketing plans and advertising campaigns that appeal to that little person inside your head who constantly seeks physical perfection. But with so much junk out there what should we believe and who should we trust? Well, as the saying goes – "If it seems too good to be true, it usually is." Understand that the supplement world is the least controlled or governed industry and has very limited regulations on what goes into your wonder pill and how it is marketed, which is why you should be aware and practise caution next time you hear of the best thing this year to hit the market.



1./ You must take supplements for all round general health

Most people ask me what I take, thinking that I will pull out an entire list of vitamins and minerals that I drop daily, but this is simply not the case. It all comes back to your diet and making sure it has variety in it. The amounts of vitamins and minerals in your meats, fish, eggs, fruits and vegetables are endless and should support your daily health. A good all-round multivitamin would be the only thing I would recommend to make sure you're getting everything. I also chose a basic whey protein to add extra protein to my diet, and the amino acid glutamine (I find) helps me recover quickly after intense exercise.



2./ Supplements are safe because you can purchase them over the counter

Our world is a beautiful place. When you look at animal and plant toxins, there are many chemicals that are 'natural' that have a devastating effect on the body. This opens the door to herbal medicine, which again is a controversial topic. My advice would be to research, research and research. Don't just look at the positive effects but also what negative effects these natural herbs etc. have on the body and do you really wish to be ingesting them. Once again it comes down to minimal regulation on the industry, so practise caution.



3./ Higher prices mean higher quality

This couldn't be further from the truth. Higher prices may mean more additions to the product, but that may not be necessary for you. It really just means more profits for the manufacturer. Once again – do your research. Know the function of the extra 47 amino acids that you are paying for and remember that what your body does not use, it excretes through your urine. So if your body doesn't need it, all you're getting is really expensive pee!

4./ Protein powders are a better source for protein than whole foods

Whole foods over processed food should always be your general rule of thumb.



Photo Credit: Shutterstock.com



5./ The owner of the store knows best

This is the most common misconception you could have. Although they may look like the expert, they usually have no idea what is in a lot of products and are not qualified in nutrition or dietetics. They are just salespeople and I laugh at how many people take their advice as gospel. Just like an insurance broker will always have a preferred insurance company, so will the owner of your local supplements store. Why? Because it's all about kickbacks. The preferred brand either adds a higher wholesale discount the more product that moves off the shelf, or adds free product to bigger orders. Either way, they are caring about their financial gains and very little about your muscles, health or fitness improvements.



6./ Supplements are safe because they are natural

As stated previously, the regulation of the supplement industry is extremely poor. Any natural ingredients may not be illegal but may also have not been properly tested or trialled, or the safest dosage to consume may be unknown. Different countries will have rules about certain ingredients as well and may be banned in different areas throughout the world. You'll find some ingredients may be natural but read closer and you'll find the binders and fillers that go into them to make the tablet/capsules are not. Natural substances can also have just the same effect as synthetic drugs, which include adverse side-effects that may not mix with your body's physiology, so in fact natural can sometimes be more dangerous.



7./ The newer version is better than the older version

A newer version of a product can mean many things. It can mean more potent ingredients, a new formula, or as simple as new packaging to try and push more sales of the same product. With the world we live in today, our brains are wired to think that 'newer' is better, but this is simply not the case so don't be fooled! **MMH**



For other workouts like *Legendary Abs*
visit Gregplitt.com

LEGENDARY ABS

Get rock-hard abs the Greg Plitt way

WORDS Guy Girouard | **FITNESS MODEL** Greg Plitt | **IMAGES** Dallas Olsen
EQUIPMENT SMAI and Cyberfit

This coveted training formula from the legendary Greg Plitt should only be attempted by those out there who are ready and willing to take their physique to the next level. Followed correctly, this system will have your core burning in the best way possible and help you create the washboard mid-section of your dreams. For each of these exercises, the number of reps depends on your abilities. The easiest way to gauge your abilities and determine a good starting point is to follow these steps:

1. Do a dry set (fresh); this is great to do on a rest day.
2. Count the number of reps you were able to do dry (remember to push yourself but only count solid reps).
3. Divide that number by four, then subtract that number from the total number of dry reps.

For example:

20 reps dry = 3 sets of 15
a. 20 reps / 4 = 5
b. 20 reps – 5 = 15

Remember, the idea is to get back to failure at your final rep. The last few reps of your final set should test you. Keep the rest between reps at a maximum of 30 seconds. This maintains your heart rate, which pushes more blood through your muscles, helping them to grow and recover. The best way to incorporate these exercises into your daily routine is to add them at the end of your workout. Usually your abs are not as taxed at the end of your workout as other muscle groups.

	BASIC TRAINING	ADVANCED TRAINING
MONDAY	Hanging Twist (3 sets)	a. Hanging Twist (3 sets) b. Kettlebell (3 sets)
TUESDAY	Kettlebell (3 sets)	a. Decline Crunch (3 sets) b. Abs Rollout (3 sets
WEDNESDAY	Off	Off
THURSDAY	Decline Crunch (3 sets)	a. Hanging Twist (3 sets) b. Kettlebell (3 sets)
FRIDAY	Abs Rollout (3 sets)	a. Decline Crunch (3 sets) b. Abs Rollout (3 sets)



Hanging Twist

SET-UP: Keep the body in a straight upward position and grab onto a high bar or suspended arm supports. With your feet kept together, lift your knees up to hip height.

ACTION: Twist at the hips as you bring your knees over to the left side of your body, maintaining the height of your legs as you do so. Bring back to centre and continue to work from side-to-side.





TIP: Try not to use hanging straps to assist you; you will initiate more of your abdominal muscles without them.

Decline Crunch with Twist

SET-UP: Secure yourself by lying down at the end of a declined bench, keeping both hands behind your head.

ACTION: Keeping your core tight, raise your upper body slowly off the bench and turning slightly to the left. Hold this position and contract the muscles. Lower the body back down to the starting position and repeat, twisting to the opposite side with each repetition.







TIP: Don't go too fast; try to make your circles more prominent as your reps grow.









TIP: Don't go too fast; try to make your circles more prominent as your reps grow.



Kettlebell Around the Head

SET-UP: Keep the body strong and create a shoulder-width stance. Hold onto the kettlebell with both hands, facing upwards.

ACTION: Slowly begin to rotate the kettlebell around your head. The movement should focus on your shoulder area. Once you have completed a full rotation, reverse the direction for every repetition.







Abs Rollout

SET-UP: Place a barbell on the floor in front of you with even weight on either side (5-10kg plates). Kneel to the floor, crossing your feet over at the back, and take hold of the bar with an overhand grip around shoulder-width apart. Shoulders should begin directly over the bar.

ACTION: Slowly roll the barbell forward, extending your body as you do so. Continue as far as possible without allowing your hips to sag. Keep your abs locked on tight to prevent you torso from dropping to the floor. Pause at the bottom before slowly reversing back to the starting position.



TIP: Remember that the amount of weight you place on the bar will affect the resistance. This can also be performed with an ab roller.





Photo Credit: Dallas Olsen

GREG PLITT ON GOING TO FAILURE

"A transformed body is the culmination of blood, sweat and tears – where body liquid turns to body mass. It is a transformation that occurs when put into the oven of work ethic, dedication, and sacrifice. Failure is your friend in the gym. Failure is an immediate report card of where you have been and currently are. When you hit failure during a set, a smile should ensue as you just broke past your current limitations and are on your way to growth. Failure rewards you with growth!"

A life lived… a legacy earned, for more visit gregplitt.com

#beremembered

MEET YOUR ULTIMATE *MMH* MAN WINNER: *NICK CHEADLE*



Photo Credit: Dallas Olsen

Young gun Nick Cheadle impressed the judges of the Ultimate *MMH* Man cover competition with his humble attitude and passion for all things health and fitness.

STATS

Name: Nick Cheadle
Location: Sydney, NSW
Occupation: Personal Trainer/ Coach
Age: 26

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FOR NICK CHEADLE, LANDING THE COVER OF MEN'S MUSCLE AND HEALTH IS THE REALISATION OF A LONG-TERM GOAL – JUST ONE MORE TO TICK OFF ON HIS QUICKLY GROWING LIST OF ACHIEVEMENTS. With an enviable physique, a humble attitude and a passion to inspire, the 26-year-old certainly lives up to his new title of the Ultimate *MMH* Man. Already a leader in the fitness industry, Nick is excited by the opportunity to share his views on sustainable eating and training practices to an even wider audience. We chat with Nick to discover how he hopes to inspire, motivate and share his knowledge with the *MMH* readers…

Hey Nick, congratulations! Can you start by telling us a little bit about how you got started in the fitness industry?

I'd always taken an interest in physical activity having played sport from a young age. I was heavily into my cricket and played rugby and tennis at school too. Once routine disappeared after high school my regime became fairly inconsistent. Cricket dominated my life and I trained in the gym when I could – but my eating habits left a lot to be desired. I rarely cooked and ate a lot of takeaway food, despite working as a personal trainer at the time. I remember stacking up a lot of pizza boxes after moving out of home – it definitely showed and I got a little fluffy at one point. At the time I had no concept of nutrition or the caloric value of food and believed all I needed was to find the 'right' training program to look the way I wanted.

I remember a time where I looked in the mirror and thought about needing to make some changes. I wasn't thrilled with what was looking back at me – I'd never previously been anxious about taking my shirt off at the beach but I became a little wary of it. I was already working as a personal trainer at the time, however wasn't really 'walking the walk', so to speak. I decided that if I really wanted to be successful within the industry that I needed to lead from the front. People don't want trainers or coaches who aren't in shape themselves – I'd just come out of a fairly lengthy relationship (break-ups make bodybuilders, right?) and decided it was time to do something about it.

Why did you decide to enter the Ultimate *MMH* Man competition?

One of the reasons I began training and focusing on nutrition was because of a small bet with a good friend of mine. It's still running – we each wanted to beat the other onto the front of a magazine and claim the win! I know of several athletes who have featured prominently in and on the cover of the magazine and firmly believe in the content it puts out – I couldn't think of a better publication than the first one to offer me a printed feature to grace the cover. I had to jump at the opportunity!

> **"HAVING THE OPPORTUNITY TO GIVE BACK TO THOSE WHO FOLLOW ME IS ARGUABLY ONE OF THE MOST REWARDING EXPERIENCES I'M AFFORDED."**

How do you prepare for a photoshoot or other occasions where you need to be in top shape?

If my conditioning is already on point I'll look to lower my fibre intake in the 24 hours beforehand, increase my water intake and look to eat some carbs and sodium and get a good pump before a shoot. If I need to drop a few kilos in anticipation of being in front of the camera then I'll consider lowering my calories or increasing cardio efforts, or even incorporating a combination of both.

Do you remember your first training session? How different is your training today?

I used to focus on a lot of isolation training and rarely trained legs. Now, my training revolves around varying intensities and loads while focusing on compound movements, which actually means I rarely experience crippling soreness as I once used to. Volume is similar, but due to the fact it is somewhat spread out over the course of the week, recovery is easier and performance remains higher.

TRAIN LIKE NICK

Nick says he has followed more than his fair share of training styles over the years and believes both strength and hypertrophy work has helped build his physique to where it is today. Now his routine incorporates regular strength work coupled with his love for high-volume style accessory work. While his current routine varies from week to week, it will typically include supersets, drop sets and other various overload techniques to keep things interesting and the intensity high. It looks a little something like this:

Monday
Moderate Deadlifts/ Chest/ Shoulders
- Deadlifts: 5 x 8-10 at 70-75% 1RM
- Snatch Grip Deadlift: 3 x 10-12
- Incline DB Bench Press: 4 x 12-15
- Decline Cable Flye: 4 x 20
- DB Shoulder Press: 4 x 8-10
- DB Lateral Raise: 4 x 12-15

Tuesday
Heavy Squats/ Lower Body Accessory
- Squat: 5 x 5-6 at 80-85% 1RM
- Weighted Walking Lunge: 4 x 30
- Leg Extension: 4 x 20
- Hamstring Curl: 4 x 20
- Weighted Calf Press: 5 x 10

Wednesday
Chest/ Back/ Shoulders
- Incline DB Bench Press: 5 x 10-12
- Decline Cable Flye: 5 x 20
- (Weighted) Wide Grip Chins: 4 x 6-8
- Pulldowns: 4 x 12-15
- Single Arm Dumbbell Row: 4 x 10-12 each
- Machine Row: 4 x 12-15
- Standing Overhead BB Press: 4 x 6-8
- Seated DB Shoulder Press: 4 x 12-15
- Bent Over Rear Delt Flyes: 4 x 15

Thursday
Cardio/ Core
- 6-8 x 15-20 sec sprint with 1:40 active recovery
- Barbell Rollouts: 3 x 15
- Weighted V-Sit: 3 x 15
- Hanging Leg Raises: 3 x 20
- Exercise Ball Oblique Crunch: 3 x 15 each
- Cable Woodchop: 3 x 15 each
- Russian Twists: 3 x 50
- Weighted Calf Press: 5 x 12

Friday
Heavy Deadlifts/ Back/ Chest
- Deadlift: 5 x 5-6 at 80-85%
- Rack Pull: 3 x 8
- Incline Bench Press: 4 x 8
- Incline DB Flye: 4 x 12
- Decline Cable Flye: 4 x 20
- Wide Grip Pulldown: 4 x 12-15
- Barbell Bent Over Row: 4 x 12-15
- Seated Machine Row: 4 x 12-15 each
- Straight Arm Cable Pushdown: 3 x 12-15

Saturday
Moderate Squats
- Squat: 5 x 8-10 at 70-75% 1RM
- Leg Press: 3 x 50
- Leg Extension: 4 x 25
- Hamstring Curl: 4 x 25
- Calf Raise: 5 x 15

Sunday
Rest or Cardio



Photo Credit: Dallas Olsen

CONNECT WITH NICK

Website: **www.nickcheadlefitness.com** | Facebook: **www.facebook.com/nickcheadlefitness** | Instagram: @nickcheadlefitness

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What is the most rewarding part about being a part of this industry?

Having the opportunity to give back to those who follow me is arguably one of the most rewarding experiences I'm afforded. I find it genuinely mind-blowing that I've been able to build the sort of following I have and am so grateful for the opportunities I've been presented with, that I love to give back where possible. That and having the opportunity to meet plenty of other like-minded people is simply awesome.

What is the number one lesson you have learned about health and fitness through your training?

Everything comes back to nutrition. You can train the house down but if you aren't putting in additional effort in the kitchen in order to maximise the time you're spending in the gym then your performance, composition and ultimately willpower are all likely to suffer.

Who inspires you and why?

One of my biggest inspirations within the industry is Steve Cook. I've been fortunate enough to meet and hang out with him and was blown away by his professionalism, his humble nature and his ability to make you feel as if you're the only person in the room. He's huge – both from a physique perspective and an exposure point of view, but the way he handles the attention he gets is absolute class.

What advice can you give to our readers who are perhaps just starting on their fitness journeys and wanting to get into the best shape of their life?

Spend some time educating yourself on how to eat for your goals. Putting in the time in the kitchen to ensure what you're doing in the gym is worthwhile is going to save a whole lot of frustration – believe me, I've been there.

What's the one exercise that anyone can benefit from by incorporating it into their program today?

Squats or deadlifts without a doubt offer more benefits than most. They are huge compound movements that use a lot of muscles & burn a lot of calories as a consequence, making them efficient in terms of bang-for-buck exercises whilst also offering the opportunity to move large amounts of weight/ volume.

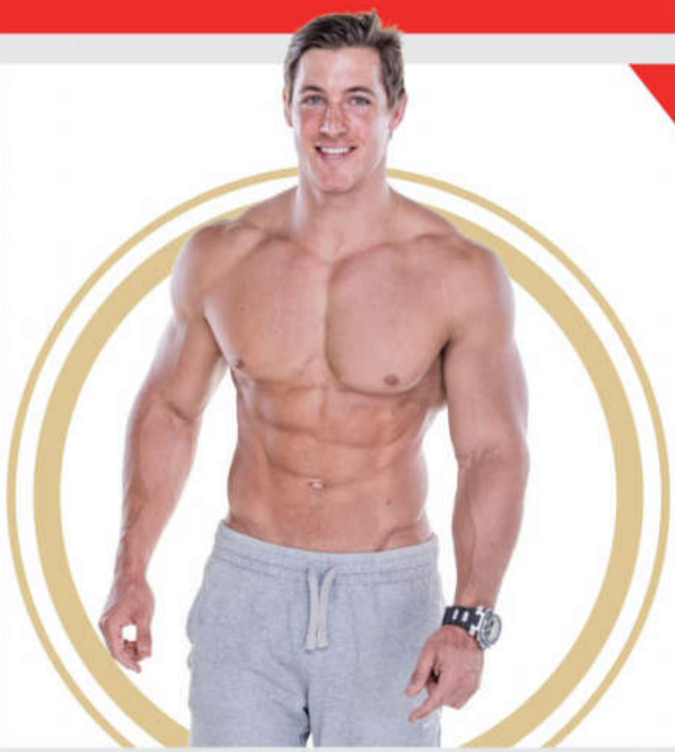
Finally, tell us what's in store for Nick Cheadle – what else do you want to achieve?

I've got some fairly extensive plans as far as my business is concerned – I'm planning on launching a number of educational eBooks shortly as well as finalising a huge website upgrade and subscription-based information service. I wish to continue growing and expanding as a person, business and athlete. Competing isn't out of the question – I'd love to give bodybuilding a whirl for the experience but as far as priorities are concerned it's probably not quite as important as the business side of things. For now I'd rather focus on helping people and the coaching aspect a little more than the competitive athlete side of things! **MMH**



YOUR 2015 ULTIMATE

Our finalists share their thoughts on getting in the best shape of your life!



RUNNER-UP

KAYNE LAWTON

LOCATION: Coolangatta, QLD

AGE: 26

"I want people to know you don't have to get on steroids to get the physique you want. By training smart/hard and applying a goal-specific diet you can achieve a natural, clean-looking physique. Knowledge is power. Learn about your body; find what works for you regarding nutrition and training."

CONNECT WITH KAYNE

Website: **www.kaynelawton.com.au**
Instagram: **@kaynelawton**



TIM PERRY

LOCATION: Sydney, NSW

AGE: 30

"Don't give up. Results don't happen overnight, the toughest climb is always at the peak of the mountain just when you feel like you can't go on any more, but it's usually just a couple more steps away. Just keep going even when you feel like quitting, trust the process; it's always worth it when you reach the top."

CONNECT WITH TIM

Website: **TJPFITNESS.com**
Facebook: **facebook.com/timperryfitness**
Instagram: **@timjamesperry**

Photo Credit: Dallas Olsen

MMH MAN FINALISTS

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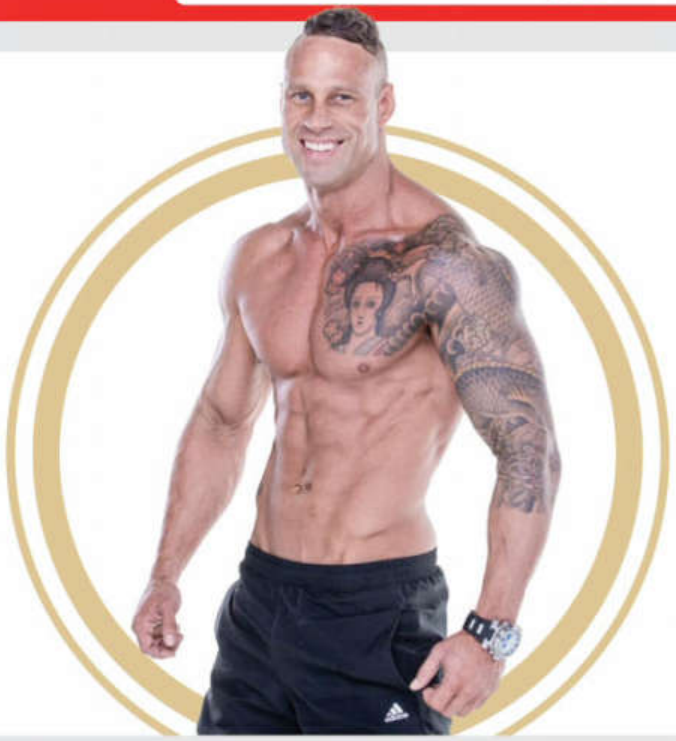


Photo Credit: Dallas Olsen

JOE PITT

LOCATION: Brisbane, QLD

AGE: 35

"Find a good mentor to build your knowledge and read as much as possible. Most people are different; it's not one size fits all - so you'll need to play around with training and foods to see what works for you. Don't be in a rush to be a superstar, enjoy training and what you do and the rest will follow."

CONNECT WITH JOE

Website: **www.joepittfitness.com**
Facebook: **www.facebook.com/joe.pitt80**
Instagram: **@joepitt_**

RYAN GREASLEY

LOCATION: Brisbane, QLD

AGE: 25

"Watch what you eat. Don't change things drastically as that is where everyone goes wrong; work yourself into a better way of eating and exercising. Make fitness and your diet work for you, have fun with it and change the way you feel."

CONNECT WITH RYAN

Facebook: **Ryan Greasley**
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THE ULTIMATE MMH MAN

TOP 20

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AUSTRALIAN INSTITUTE OF FITNESS

Creative Bikinis by Claire Skeet

BODY BIKE INDOOR CYCLE

lean meals

jetts

WINK MODELS

SWOLE O'CLOCK

ALL ENTRIES

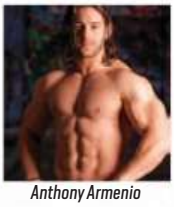
THE ULTIMATE MMH MAN


Adam Begley


Ahmed el Gioushy


Alex Renton


Andrew Psomadellis


Anthony Armenio


Ben Doyle


Ben Gallagher


Chris Curley_nominated


Chris Kuum


Chris-Churchward


Cody McDonald


Curtis Hale


Dan Ensbey_nominated


Daniel Hunter


Edouard Melquiond


Elliot Hassell


Eric Wang


Esat Emre Agis


Grant Moylan


Greg Kafalian


Greg McCarthy


John Nassif


John Reed


Johnahan Ward


Josh Ikac


Josiah Poyitt


Julius Kieser


Kayne Lawton


Lib Marchese


Lincoln Wilson


Lindsay Ashton


Luke Cinque


Luke Heath


Luke Wood


Luke-Houlihan


Michael Bowen Pain


Michael Boyd


Michael Trevaskis


Mick Bailey


Miguel Sebastian

Narry Ndely

Nathan Darma

Rowan Newton Smith

Ryan Greasley

Sam Dayoub

Sam Jones

Samuel Grachan

Shannon Bond

Stent Card

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Ben Raso


Bo Gerster


Brad Whitehead


Brandon Hasick


Brendan Krosch


Cam Wild


Charles Stevens


Daniel Luis Pardo

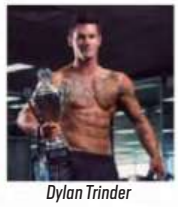

Darren Powell


Denver Steyn


Dexter Tan


Drew Derriman1


Dylan Cross


Dylan Trinder


Guy Borgas


Jai Lee


James Clowes


Jason Morris


Jehron Terrell


Jesse Kendall


Joe Pitt


Kester Solomon


Kiko Dos Santos


Kris Beretov


Kyle Byrne


Lawrence Templar


Lenny Chad


Levi Neufeld


Marc Wishart


Martin Charteris


Marty McHugh


Matt-Vaughan


Matthew Bartholomew


Matthew Rowe


Matthias Rueegg


Nathan Leith


Nick Cheadle


Paul Hooper


Peter Hanna


Phillip Yoon

Richard Verceles

Robbie Frame

Stephen Moreno

Tanner Chidester

Taylor Kleinberg

Tim Perry

Tom Gao

Tyler Haskard

Tyler Small

William Connell

Xaan Wallace

Zac Smith

Zak Taylor

A huge thank you to all our entrants for the *2015 Ultimate MMH Man Competition.* Your hard work and dedication to living the *MMH* lifestyle is truly inspirational! With so many amazing entries received, choosing our finalists was no easy feat. Who knows, keep up the hustle and maybe next year the title will be yours!

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THE ULTIMATE ARMS WORKOUT

Put your pipes through their paces with this two-part bis and tris workout.

FITNESS MODEL Zac Smith | **IMAGES** Dallas Olsen | **EQUIPMENT** Cyberfit



WANT TO ADD BIGGER GUNS TO YOUR ARMOURY? There are many different ways you can put your pipes through their paces, but earning enviable arms doesn't have to be complicated. All it takes is a little know-how.

As an *MMH* reader you are probably already aware that the arms are made up of two major muscle groups: biceps and triceps. What you might not have realised is that as your biceps flex, your triceps relax, and vice versa. It's for this reason that your current superset of bis and tris may not be so super. It comes down to a little concept called 'reciprocal inhibition' – when the agonist muscle turns on, the antagonist muscle shuts off. Effectively, every time you complete a set of triceps the nervous system recruitment to your biceps will decrease, doing your muscle growth in both areas a disservice when switching between the two.

So as you can see, it is not always favourable to train biceps and triceps on the same day. You may even decide to pair biceps with back and triceps with chest instead. However, if you do choose to train them together, it's best to go hard and complete all exercises for one muscle group before switching it up and going full-throttle on the other. Follow this system and by the time summer rolls around, you'll look like you're smuggling around a pair of watermelons under your sleeves.

THE WORKOUT

EXERCISES	SETS	REPS
PART 1		
Close-grip Bench Press	3	10
Dumbbell Triceps Extension	3	10
Bench Dip	4	12
PART 2		
Seated Hammer Curl	3	8
Barbell Curl	3	8
Hanging Biceps Curl	3	8

PART 1

Close-grip Bench Press

TARGET MUSCLES: Triceps, shoulders, chest

SET-UP: Lie with your back flat on the bench with your knees bent and feet flat on the floor. Take a close overhand grip of the bar, with your hands just less than shoulder-width apart (as pictured).

ACTION: Keeping your elbows close to your torso, slowly lower the bar until it reaches your chest, hold for a count, then press the weight back to starting position.

TIP: Avoid arching your back as this will recruit a greater percentage of chest muscles, instead of working your triceps.



Dumbbell Triceps Extension

TARGET MUSCLES: Triceps

SET-UP: Sitting up straight on the edge of a sturdy bench, take a dumbbell with both hands and hold it overhead at full extension (as pictured). Position the dumbbell so it sits vertically, with the top plate resting in the palms of your hands and thumbs wrapped around the handle.

ACTION: Keeping your arms close in beside your ears, lower the dumbbell in an arc behind your head until your forearms touch your biceps. Return to the starting position, remembering to keep your upper arms stationary throughout the movement.



TIP: Use a spotter to hand you the weight and take it from you at the end of each set. This will help you conserve strength and train your triceps harder.



Bench Dip

TARGET MUSCLES: Triceps

SET-UP: Sit on the edge of a bench with your feet on the floor. Grab hold of the bench with your hands and extend your legs out. From here, lift your glutes from the bench and move your feet out in front of you, so that only your heels are in contact with the floor and your arms are supporting your weight. This is your starting position.

ACTION: Slowly bend your elbows and lower your glutes towards the floor until your arms form a 90-degree angle. Keep your elbows tight and pointed backward throughout the movement. Pause at the bottom and forcefully press back up to the start position.



TIP: Once you can complete more than 12 reps, increase the difficulty by elevating your heels onto a separate bench or platform.

PART 2



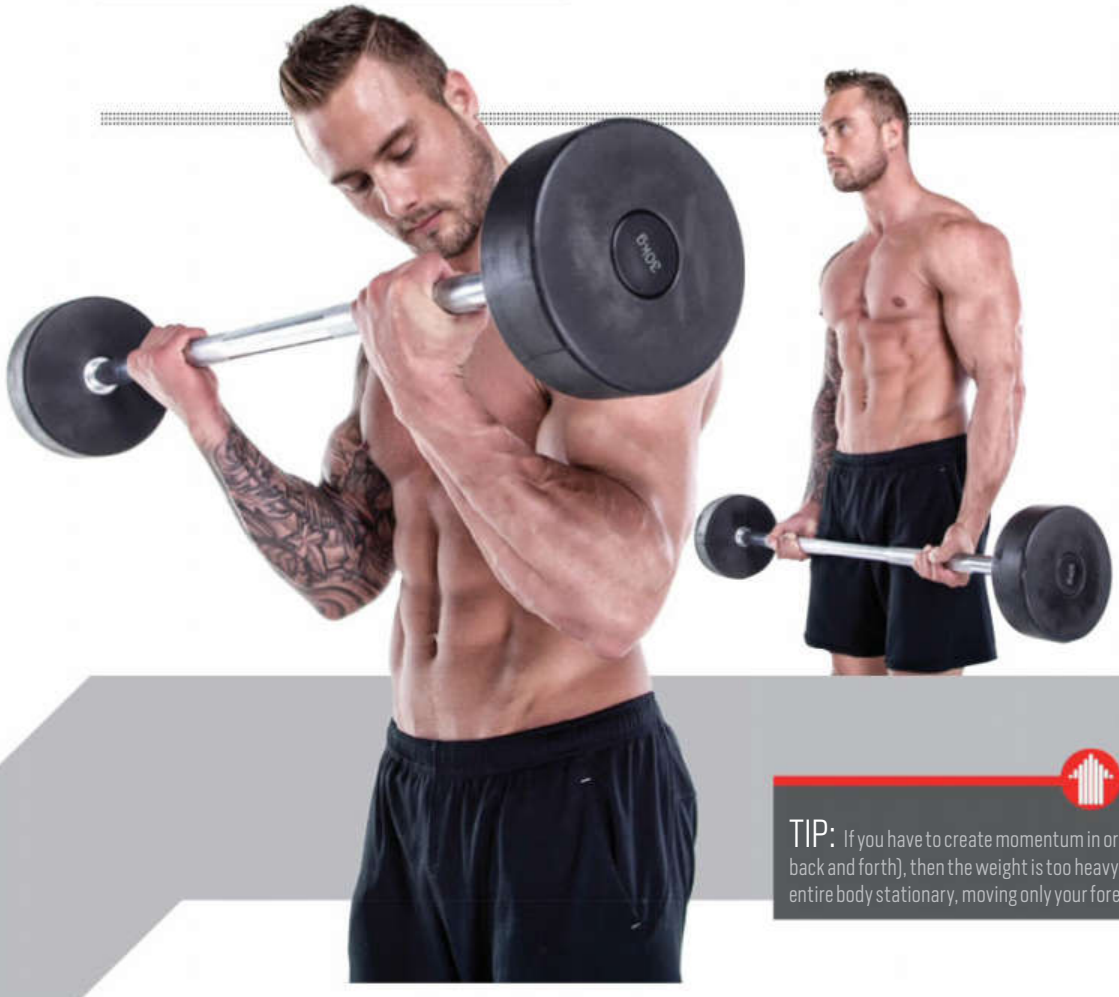
Seated Hammer Curl

TARGET MUSCLES: Biceps, biceps brachialis and forearms

SET-UP: Sitting up straight on the edge of a sturdy bench, take a dumbbell in each hand. Arms should be hanging down at your sides with palms facing each other.

ACTION: Keeping the upper arms stationary, and without bending at the wrists, curl the dumbbells up slowly towards your chest. Stop when your forearms become parallel with the floor. Pause here for two counts before lowering the dumbbells back down, making sure to keep the elbows stationary throughout the movement.

TIP: Take full advantage of all three muscular contractions (concentric, eccentric and static) by keeping a steady pace throughout the movement. Try counting two seconds up, a two-second hold and two seconds down.



Barbell Curl

TARGET MUSCLES: Biceps

SET-UP: Take a shoulder-width, underhand grip on the bar. With your feet hip to shoulder-width apart, chest up and eyes focused forward, hold the bar in front of your thighs.

ACTION: Keeping your body very close to the bar, drag it upward toward your chest. Lower with control back to starting position.

TIP: If you have to create momentum in order to curl the barbell (by swaying back and forth), then the weight is too heavy. Drop the weight and keep your entire body stationary, moving only your forearms by hinging at the elbows.



TIP: You can also perform this same move using different equipment, such as an E-Z bar or dumbbells, depending on what you have available.

Hanging Biceps Curl

TARGET MUSCLES: Biceps

SET-UP: Begin by lying against an incline bench with your arms hanging down horizontally. Hold the bar with a shoulder-width, underhand grip.

ACTION: Keeping the upper arms stationary, slowly curl the barbell towards your chest, squeezing your biceps as you do so. Pause at the top before lowering the bar back down to start position. Do not swing your arms throughout the movement.

EMPOWER YOURSELF

Take your mind off autopilot and learn how to empower your decisions and your life!

WORDS Geoff Edwards

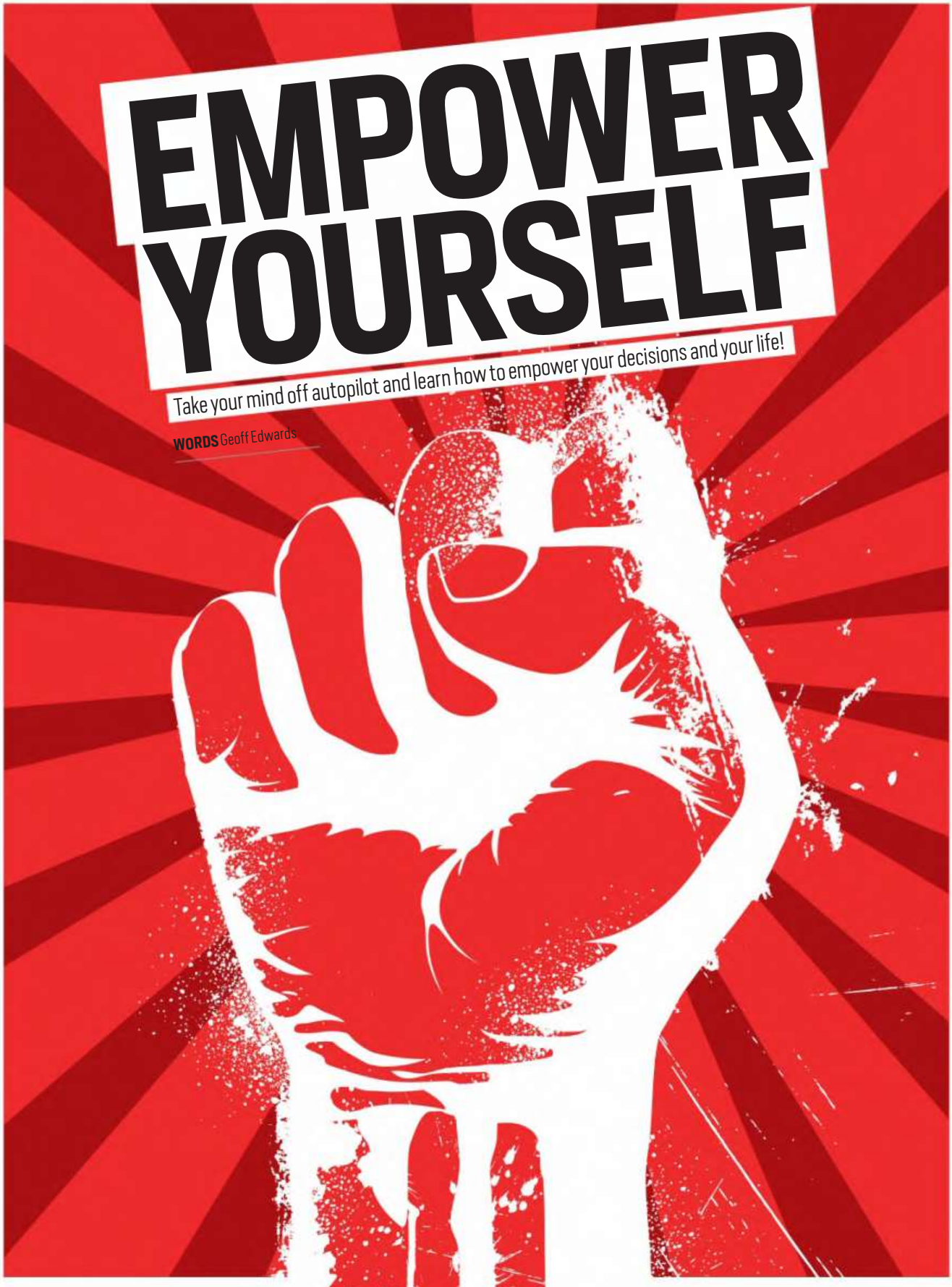


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"HOW MANY OF THESE "AUTOPILOT" SITUATIONS OCCUR IN YOUR LIFE AND, MORE IMPORTANTLY, HAVE YOU EVER STOPPED TO TAKE NOTICE?"

Have you ever felt totally aligned, powerful and "in the zone" – then something happened, a trigger from a past event, a casual word mentioned by someone, or an interaction with a friend or business associate, which caused you to separate yourself from your true power? You're now "out of the zone" and running on autopilot. Joe Dispenza, one of the world's leading authorities on the interconnectedness of the brain, refers to the fact that all of our response mechanisms are stored in our body through emotional experiences and chemical reactions, so our body ends up running our mind. This is autopilot. How many of these "autopilot" situations occur in your life and, more importantly, have you ever stopped to take notice? There is a way to change, and it is through creating a new reality for you based on empowerment.

TAKE NOTE OF YOUR REALITY

Start by reflecting on your life journey, experiences, successes and any challenges. Ask yourself what motivates you, what you enjoy, what causes you stress and how you sabotage yourself. Be honest with the answers. Write them down.

ASK YOURSELF:

- What motivates you?
- How do you tend to sabotage yourself?
- What causes you stress, and are you able to release it?
- How do you enjoy yourself?
- What would the perfect "you" be like?
- What are you proud about?
- If you could have anything in the world what would it be?

Next, challenge your own perceptions through your improved awareness, especially on the way you look at things, as well as how you label them. Do you have a "glass half empty perspective"? If you're not sure what your answer is, then you need to pay more attention to how you react to certain situations, be aware of when these thoughts come, and address them before they happen so that you can control them. Ask your friends, associates and colleagues for their honest opinion and feedback on how they really see you.

ALTER YOUR BELIEFS

Your beliefs are personal to you and they form the basis of your world. When beliefs are established in your mind, they become your own personal truth and you see that perspective only: you are creating your own vision of reality! Your mind looks for ways to prove that your beliefs are right… and guess what… you will be right all the time. If you believe you're not good enough, your mind will constantly keep looking for ways to prove that you are not good enough.

Beliefs take a hold because they go unquestioned. At a deeper level we do know that our beliefs are not truths; that's why we keep looking for ways to prove that they're right. The important thing to understand is what your beliefs are, if they are empowering or disempowering and if so, finding the best way to change.

MANAGE STRESS

Stress is caused by thinking, regardless of whether the situation is worthy of anxiety or not. Your body physically reacts to your thought processes – not the other way around! Overall, a certain level of stress is okay, however, it is important for you to decide what level of stress is right for you. So, take notice of stressors in your life and how you respond to them.

CHANGE YOUR MINDSET

After you have done some work on changing your beliefs, altering your perception and managing stress, there may still be some aspects where you find it difficult to free your mind from obstacles. Remember that it's all a state of mind and changing your mind can be done very quickly. The way you see the world is based on your mental images, sounds and feelings. What you are really doing is changing your mental CD. By knowing your internal communications, your rules, references, beliefs, perceptions and associations, you can create a change. **MMH**

ASK YOURSELF:

- Be clear on your vision
- Reflect on the journey
- Challenge your perceptions
- Alter negative beliefs
- Take the next step only
- Be present and in the flow
- Acknowledge success every day



Photo Credit: Shutterstock.com

> "IF YOU BELIEVE YOU'RE NOT GOOD ENOUGH, YOUR MIND WILL CONSTANTLY KEEP LOOKING FOR WAYS TO PROVE THAT YOU ARE NOT GOOD ENOUGH."



GEOFF EDWARDS

Geoff Edwards is an internationally accredited Life Coach with over 25 years of coaching experience who can support you on your journey to success with results that last. He can be contacted via geoffedwards@bigpond.com through his website **www.geoffedwards.net** or Facebook.

ONE MOVE WONDER





Fitness model: Ben 'Abstacker' Handsaker | Photo Credit: Dallas Olsen

INCREASE YOUR AB POWER WITH

FITBALL CRUNCH

TARGET: Abs

SET-UP: Sit on top of a Fitball with knees bent, feet flat on the floor. Then, slowly lean back and roll yourself along the ball until just your upper back, lower back and hips touch. Your head should be in line with your torso. Place your hands lightly behind your ears.

ACTION: Slowly crunch up and twist your left shoulder towards your right hip until the middle of your back is off the ball. Lower yourself back down, then crunch up again, this time twisting your right shoulder towards your left hip. Alternate back and forth for the entire exercise.**MMH**

TOP 10 CHOICES



1.\\ LQD Blemish Control

Finally, an acne treatment that doesn't use harsh, skin-damaging benzoyl peroxide. By using salicylic acid as the key active ingredient to destroy the bacteria, and niacinamide to work as both an anti-inflammatory and to reduce oil production, we ensure the skin heals from the inside out. On top of this they've included anti-irritants and anti-inflammatories to ensure your skin is protected through the process of removing the blemish without becoming dry, red and irritated. It is also great for reducing the appearance of oversized pores, by removing whiteheads and blackheads as well. **RRP $60**

2.\\ LQD Eye Restore

Lqd Eye Restore is packed full of the latest science in skin care research, containing six state-of-the-art peptides at the highest concentrations to be found in any product on the market. When it comes to anti-ageing, we've included the latest in anti-wrinkle peptides, SNAP-8 and Argireline, which work as topical alternatives to botox, as well as Matrixyl and Syn-Coll, which stimulate the skin's natural mechanism to produce more collagen. On top of this, Eyeliss and Haloxyl reduce the puffy bags and dark circles under your eyes. **RRP $95**

3.\\ Nip+Man After-Shave Power Lotion

After Shave Power Lotion is a post-shave recovery lotion to calm razor irritation and heal dry, just-shaven skin. This cooling, energising formula is designed to prevent inflammation, revitalise and moisturise the skin while soothing, and healing common skin irritations caused by shaving.

Simply apply post-shave for skin that is moister, smoother and raring to go. **RRP $13.95 (100ml)**

4.\\ PC4MEN Night Time Repair

PC4MEN Night Time Repair contains a unique complex of ingredients proven to make your skin look younger, smoother and healthier by building and preserving all layers of your skin. It also hydrates and makes a visible difference in the appearance of lines, wrinkles and brown spots. **RRP $38**

5.\\ Pure By Phytocare Papaya

PURE by Phytocare Papaya ointment is a must-have for all health-conscious males. The papaya is 100 per cent natural, with no petrochemicals, PEGS or mineral oils. With a rich base of shea butter, Australian organic fermented papaya, jojoba oil and Vitamin E, it is perfect to apply on dry or chapped lips. **RRP $6.95**



1 2 3 4 5

FOR SKINCARE

Scan one of the corresponding QR codes, using a QR scanner app. For a great FREE QR scanner app visit: **https://scan.me/download**



6.\\ NIVEA Men Creme

A multi-purpose product designed with the specific needs of men's skin at the core, NIVEA MEN CREME is the perfect addition to any man's grooming toolbox. It provides a simple, non-greasy but effective way for men to care for their skin every day. **RRP $7.99**

7.\\ 808 Dude Shampoo & Bodywash For Teens

This all-in-one, no-brainer shampoo and body wash contains carefully chosen extracts to awaken the senses and balance the mind and body, as well as cleaning you from head to toe. No dude can go wrong using this total body product for an all-over clean. **RRP $13.95**

8.\\ Nad's For Men Hair Removal Cream

With soothing aloe vera and a fast-action four-minute formula, Nad's For Men Hair Removal Cream is the perfect hair-removal solution for the guy on the go. Easy to use in the shower and effective on chest, back, legs and arms, the cream removes unwanted woolly hair pain-free. **RRP $10.95**

9.\\ Oscar Natural Shaving Oil

Conventional shaving products often contain a cocktail of chemicals, leaving your skin feeling dry and itchy. OSCAR Natural Shaving Oil is made in Australia with all-natural ingredients to soothe and moisturise your skin. Shaving oil lubricates your skin to improve razor performance and reduce razor burn. **RRP $11.95 (30mL)**

10.\\ Black Leopard Hydrating Face Scrub

Triple-action nourishing cleanser scrub to remove everyday dirt and grime. Tiny grains of black rice combine with specially selected essential oils in an easy-to-use face scrub that smooths and cleans skin. The exfoliating process unclogs pores, keeps skin clean and helps reduce acne breakouts. Use with or without stubble, leaving your skin soft and glowing. **RRP $29.00**











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Advertising feature



RUGBY'S MAN FOR ALL SEASONS

After a broken arm brought Ma'a Nonu's 2014 season to an end, the explosive player is back on top and talks to MMH about his impressive longevity in the game.

WORDS Imogen A. Rose | **IMAGES** Dave Lintott

STATS

Name: Ma'a Nonu

Position: Second five-eighth

Age: 33

Height: 1.84m

Weight: 108kg

Super Rugby Caps: 155

Super Rugby Points: 250

Super Rugby Debut: Round 1 2003 v Crusaders, Christchurch

Clubs: Hurricanes 2003-11, Blues 2012, Highlanders 2013, Blues 2014, Hurricanes 2015-

Test caps: 94

Test points: 130 (26 tries)

Test debut: 14 June 2003 v England

MA'A NONU MADE HIS TEST DEBUT AGAINST ENGLAND IN 2003 AND WAS A PART OF THE 2011 WORLD CUP-WINNING ALL BLACKS TEAM. WITH 94 CAPS, HE IS RAPIDLY CLOSING IN ON 100 TESTS. IN APRIL 2015 HE CELEBRATED 150 SUPER RUGBY GAMES. THIS IS AN INCREDIBLE ACHIEVEMENT, HELD ONLY BY A SELECT FEW – AND HE WAS THE FIRST BACKLINE PLAYER TO DO SO. In another record (for an active player), Nonu scored his 50th Super Rugby try, against the Chiefs in May. As a player, Nonu has it all. He has mastered inside and outside Centre, positions that have distinct differences and require specific skills and expertise. He is 33 years old, which seems irrelevant given the supremacy of his form. Remarkably, Nonu and his All Blacks and Hurricanes team-mate Conrad Smith hold a record partnership of 50 Tests and 50 Super Rugby matches in the centres. They're like the Rodgers and Hammerstein of rugby, writing their own magnificent records to a player-perfect tune.

Nonu may be at the top of the game but he never expected as much. He understands the symbolism and power of the All Black spirit and whilst the World Cup win is an obvious highlight, he considers just making the team as his greatest achievement. When he first came onto the rugby radar, Nonu was cited for his incredible explosive power. That power remains a potent part of his game - yet Nonu could never have settled on being an exciting, powerful, raw player. He has spent his career fine-tuning and expanding his repertoire. He has developed his skills and techniques to display incredible ball skills – including the ability to unload perfect passes with one hand, a fearsome defence, a fine boot and an enviable line-breaking record! What's more, he has that elusive quality, an instinct that has him always one step ahead of most players.

Nonu has an understated, though deadly, determination. He doesn't regard the brief, six-week period at the end of the season as an "off-season". Rugby for him is pretty much a 12-month job. This type of commitment highlights the importance of attitude in scaling the heights.

In fact, the beginning of 2015 marked the first pre-season training Nonu has done in about seven years. It was a consequence of having endured a broken arm during a Test match against South Africa in September 2014. The sizeable and relatively fresh scar on his forearm is testament to the severity of this fracture.

Most commentators have hailed Nonu's superb form this season and his team, the Hurricanes, finished the Super Rugby season first overall. One wonders how Nonu managed to return to form so quickly and successfully.

Nonu says he was mindful to rebuild his fitness routine in stages. He recalls, with refreshing honesty, a sense of "almost stage-fright" prior to his first post-injury game. It seems natural that one would have some nerves, but how many elite athletes readily acknowledge this? Not many. It's Nonu's ability to look openly at all aspects of rugby – the psychological and physical – that surely contributes to his impressive longevity. He adds that "fitness-wise, it took me a couple of games to get in, but it was back to normal after that".

Nonu emphasises the importance of recovery in longevity. He regularly uses water immersion therapy, hot tubs and ice baths. Trigger point exercises are another core element in recovery too.

Nonu possesses a supernova force. He is capable of unpredictable, stellar explosions whereby he boldly breaks defences; much to the excitement and triumph of fans.

When a player breaks the line, it can bring a packed stadium to its feet with anticipation and commotion. It's a dangerous moment when everyone knows the defence is at risk and a try is in the making. To make this happen is no easy feat. Indeed, in modern rugby many would argue that defensive strategies have adjusted – as well as law changes – to the extent that defence presently dominates the game. So how does Ma'a Nonu so often manage to get fans to their feet as he finds a weakness in the opposition's defence and thunders through the line? It's not chance or fluke. It's the result of vigilant preparation, dedication and an

"NONU POSSESSES A SUPERNOVA FORCE. HE IS CAPABLE OF UNPREDICTABLE, STELLAR EXPLOSIONS WHEREBY HE BOLDLY BREAKS DEFENCES; MUCH TO THE EXCITEMENT AND TRIUMPH OF FANS."


“HE’S THE TYPE OF PLAYER WHOSE PHYSICALITY AND PRESENCE MAKE THE GAME LOOK EASY.”



instinct that enables Nonu to capitalise on his expertise.

Nonu says his biggest lesson has been to continue learning, to continue improving, "As I progressed I tried to add more skills to my game, to overcome deficiencies in my game. I've been playing a long time and I'm still learning now". It's this type of attitude that one finds in common with most champion athletes.

Nonu cross-trains by running and doing "a lot of rowing". He's also been practising yoga for eight years. He emphasises the importance of health and nutrition, maintaining that "education" is fundamental. Players and individuals need to understand the basics of nutrition and exercise in order to be healthy.

To generate his explosive power and speed, Nonu engages in plyometrics, "I do a lot of explosive jumping, a lot of power sessions. It gets you springy".

In rugby, Nonu is both feared and respected. He's the type of player whose physicality and presence makes the game look easy. People expect Nonu to nail opponents and set-up spectacular tries almost on tap. It seems as though he has an almost mythical stature. Indeed one only has to watch him perform the haka to see a warrior spirit shine. What's more, his fierce on-field demeanour has resulted in more than one player prematurely off-loading the ball rather than meet him in a tackle!

But so personable is Nonu that I had to work hard to remind myself of this when we chatted. One of the nicest things about him is his honesty. He has a great inner strength that allows him to face life without pretence. He readily concedes that his path to success was not untrammelled. Yet he never gave up and he wants to encourage others not to back down either.

He believes in confronting challenges. Adding that context is largely irrelevant, personal or professional, the spark of strength required to face our challenges is the same for all of us. It must come from "deep down inside, in yourself". Sometimes this requires "a leap of faith" and "you just have to make the right decisions and something comes along, and go for it". The unassuming Nonu never expected to be an All Black. He simply worked hard and embraced opportunities along his path.

Nonu has an exciting future, on and off the field. This is a star who isn't about to fade. He's also much more versatile than many perhaps realise, with a strong interest in film development.

He recently signed a two-year contract to play for Toulon, though that must seem a long way off given that 2015 is a Rugby World Cup year!

Amply talented, creative and committed, one suspects that Ma'a Nonu will continue to radiate strength wherever his various endeavours may take him. **MMH**

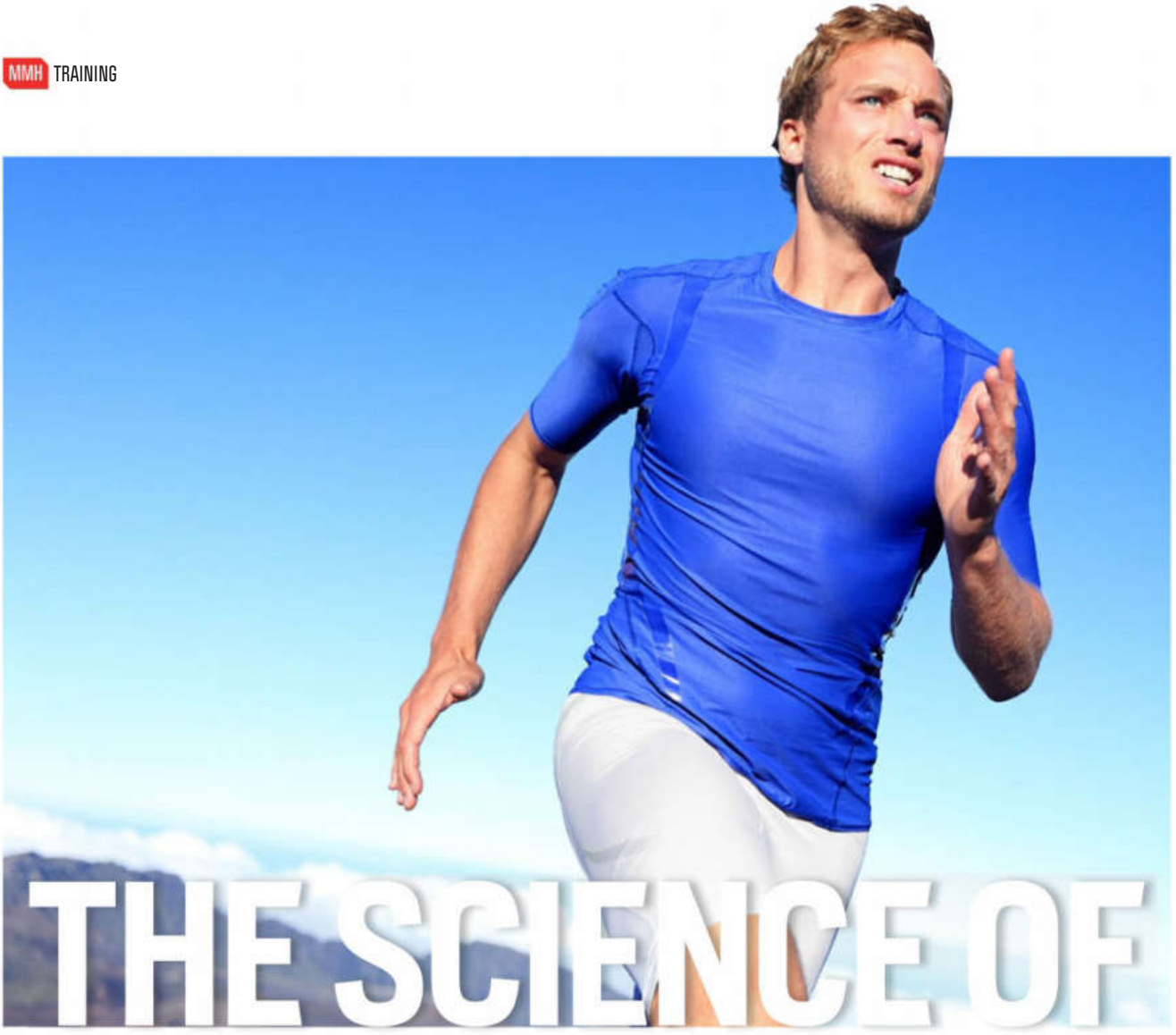


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THE SCIENCE OF COMPRESSION

We separate fact from fiction and discover what compression gear can do for you.

WORDS Nick Morgan, SKINS expert

COMPRESSION WEAR ISN'T JUST FOR PROFESSIONAL FOOTBALLERS ANY MORE – EVERYWHERE YOU TURN, FITNESS ENTHUSIASTS ARE DECKED OUT IN COMPRESSION TIGHTS. There's a lot of confusion surrounding what compression gear can actually do for your body. So, let's separate fact from fiction and look at the science of compression itself.

How long has it been around?

Compression isn't a new technique. It can be traced back to the early 1900s, when it was used in medicine and aviation. Compression in the form of a compression aid would reduce limb volume and drive blood flow.

It wasn't until the 1980s that research began to determine the benefits of compression for sportspeople. These days, athletes around the world are wearing compression gear before, during and after sporting events to reap a variety of benefits.

Traditionally, the benefits of compression have been linked to blood flow and the impact this can have on endurance performance. Put simply, compression helps to speed up the rate at which blood is moved through the body, so that more oxygen can be transferred to the working muscles. As compression has developed, so too has the research behind it in areas such as running economy, muscle support, proprioception and injury.

What do we know?

We know that there are various benefits to wearing compression garments, the first being improved endurance performance. Studies show that runners wearing compression tights use less oxygen and therefore require less energy, which allows them to push harder and run for longer.

Compression garments are also known to improve team sport performance, with athletes covering a greater distance at faster speeds while also maintaining higher lower-leg power throughout the game and towards the end of the game when muscles tend to become more fatigued. Athletes on their own were also able to demonstrate an ability to maintain higher work rates for longer periods of time.

The area where the most research has been conducted is recovery. Improved oxygenation reduces the effects of delayed onset muscle soreness (DOMS) and accelerates muscle repair. So engineered gradient compression and dynamic gradient compression play a big part in helping you recover from exercise.

What does this mean for you?

Basically, we know that compression helps people perform with better endurance, for longer periods of time and to recover faster. So, whether you're a marathon runner, heavy lifter or someone who's simply trying to incorporate a regular strength and cardio routine into your life, you could benefit from compression gear. Compression gear can help you achieve better results, but also to aid in your recovery (particularly after leg day)! However, this comes with two requirements. Firstly, the garment must fit correctly – saggy bunches around your thighs won't really help. Secondly, there are a lot of garments out there on the market, so choose wisely. You shouldn't assume the garment is effective unless it's been demonstrated under research conditions. **MMH**

"THERE ARE VARIOUS BENEFITS TO WEARING COMPRESSION GARMENTS, THE FIRST BEING IMPROVED ENDURANCE PERFORMANCE"



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TAKE THE MMH CHALLENGE

This 20-minute workout challenge is sure to get the blood pumping! Record your score and see how much you can improve.

FITNESS MODEL Andrew Papadopoulos | **IMAGES** Dallas Olsen | **EQUIPMENT** SMAI

THE TERM AMRAP STANDS FOR 'AS MANY ROUNDS/REPS AS POSSIBLE' AND IS ALWAYS ACCOMPANIED BY A TIME LIMIT FOR THAT PARTICULAR WORKOUT. In this challenge, you'll perform as many rounds as possible of a 500m row and 20 light deadlifts with a push-up in between within the 20-minute time cap. In a workout such as this, the trick is to find your rhythm and just keep moving. Your heart rate will be elevated and you're going to get sweaty, but don't stop until the time's up! Remember to record your time so that you can retest the workout in a few weeks and measure how much you've improved.

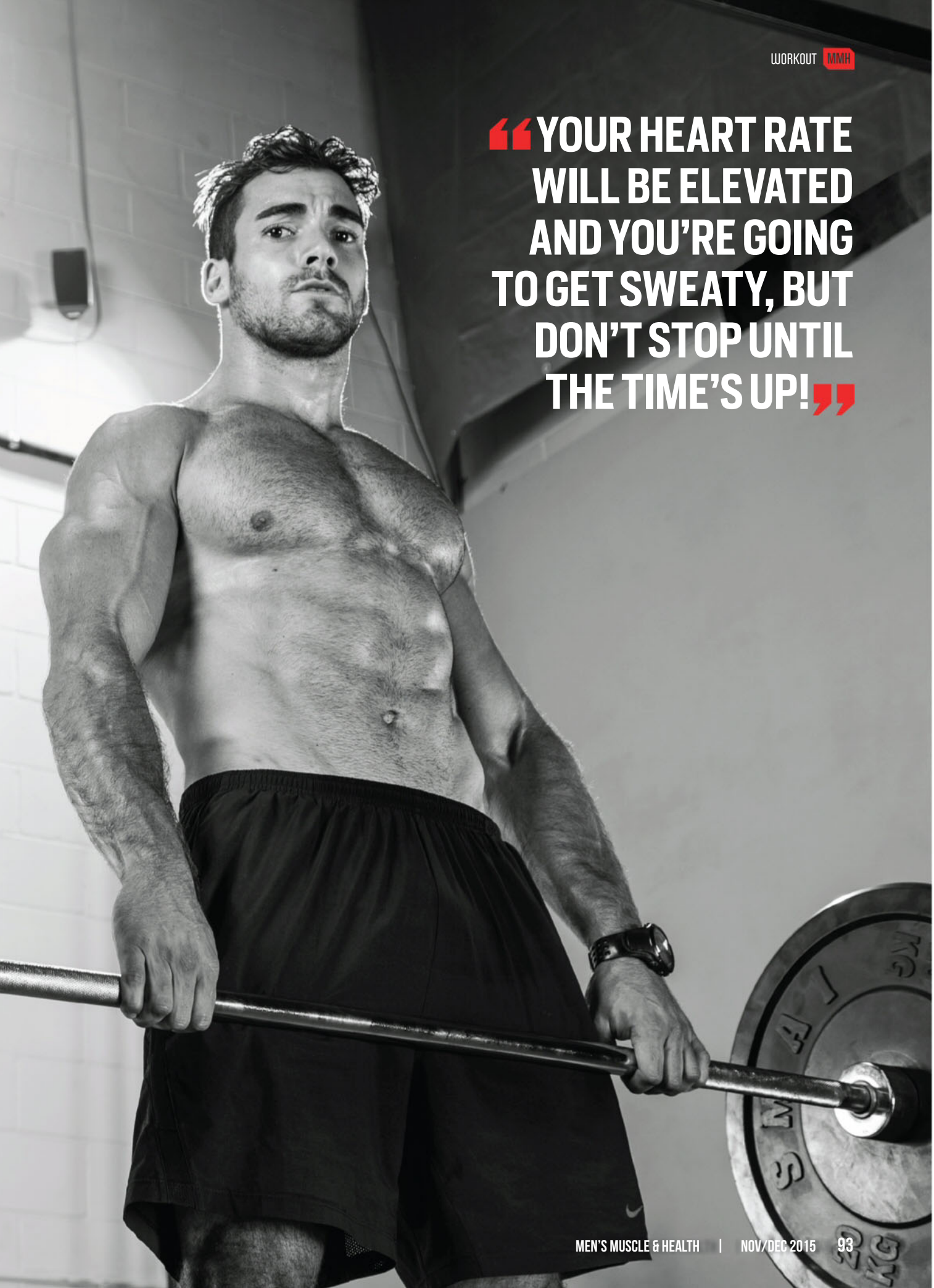
THE CHALLENGER

20 MINUTE AMRAP

- ☐ 500m Row
- ☐ 20 x 60kg Deadlift + Push-up

YOUR SCORE

RECORD YOUR SCORE HERE



"YOUR HEART RATE WILL BE ELEVATED AND YOU'RE GOING TO GET SWEATY, BUT DON'T STOP UNTIL THE TIME'S UP!"

500m Row

SET-UP: Take a seat on the rower and adjust the straps firmly over your feet. Taking an overhand grip on the handle, push back with your legs and pull the handle towards your chest. Depending on the machine, this should activate the screen and you can begin to row.

ACTION: Sitting tall on the seat and rowing with your head up and eyes forward, reach forward with the handle to begin your stroke. As you push back with your legs, pull the handle in towards your navel. Continue in this rhythm until your metres are complete.



1



2

Tip: Don't fall prey to setting the resistance too high! More experienced rowers can set the machine at 3–5 during their workout, whereas beginners should keep the resistance at 2 or 3.



3


1

Tip: As the weight stays relatively light throughout this workout, it's best to use the standard overhand grip for easy transition into the push-up. An alternating grip should only be needed as the weight gets heavier

2

Deadlift

SET-UP: With your feet hip-width apart, bend at the knees and take an overhand grip on the bar - keeping your hands directly under your shoulders. Your chest should be up, and the bar should be in close to the shins. Ensure the spine is braced in a neutral position by engaging your core.

ACTION: Keep the bar close to your body as you begin to press your feet through the floor, focusing on lifting your chest up and bringing your hips forward simultaneously. Remain tight through your upper body and allow your legs to do most of the work. As you reach full extension, lock out by straightening your knees and hips and pulling your shoulders back tight, squeezing through the glutes as you do so.

READY FOR MORE?

TRY THESE CHALLENGING WORKOUTS...

THE LEG BURNER

10 MINUTE AMRAP

- ☐ 10 x Box Jump Burpees
- ☐ 5 x Wall Walks

YOUR SCORE

THE PUKER

5 ROUNDS

- ☐ 10 wall walks
- ☐ 10 pull-ups
- ☐ 10 box jumps
- ☐ 10 push-ups
- ☐ 10 deadball cleans

YOUR SCORE

THE DEADMAN ROWING

5 ROUNDS

- ☐ 250m Row
- ☐ 10 Thrusters
- ☐ 10 Burpee Pull-ups

YOUR SCORE

Tip: Don't rush the transitions! While you want to push yourself to complete as many rounds as possible within the 20 minutes, it is important to maintain perfect form during both the deadlift and the push-up, to ensure safety to your lower back.



1

Push-up (from Deadlift)

SET-UP: After completing one full deadlift, transition straight into a push-up by maintaining your grasp on the bar and extending your legs out behind you. Your arms and body should be straight.

ACTION: Bending at the elbows, lower your chest to the bar before pushing back up to where your arms reach full extension. Keep your torso rigid throughout the movement.



2

Head over to the Men's Muscle and Health Facebook page and tell us your scores!

BEHIND THE SCENES OF



THE ULTIMATE MMH MAN COMPETITION



FOR MORE BEHIND THE SCENES ACTION, SCAN THE QR CODE BELOW TO WATCH THE VIDEO

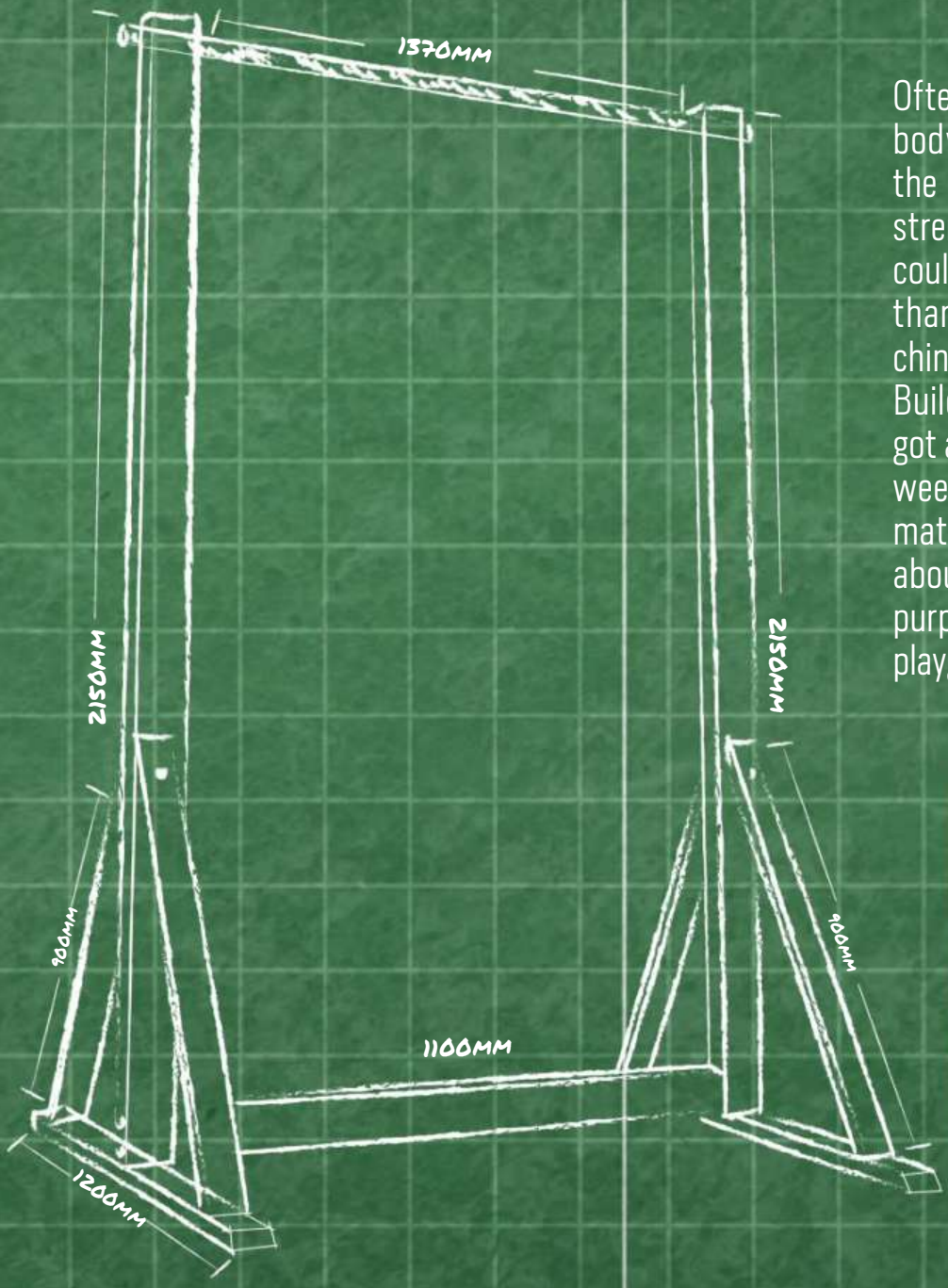
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HOW TO BUILD YOUR OWN CHIN-UP BAR

With Mark Visser

IMAGES BY DALLAS OLSEN



Often referred to as the 'upper body squat', the chin-up is the ultimate test of masculine strength and vigour. And what could possibly be more manly than having your very own chin-up bar in the backyard? Building it yourself! If you've got a spare couple of hours this weekend, grab yourself some materials, a few tools and set about constructing your own purpose-built, muscle-making playground.

Watch the making of the chin-up bar by scanning the QR code below:

VISSER CHIN UP BAR MATERIAL LIST

MAIN POST
HEIGHT 2150MM – 100MM X 75MM
(2 PIECES) ,

BASE TIMBER
LENGTH 1200MM – 75MM X 38MM
(2 PIECES),

ANGLE BRACE
LENGTH 900MM – 75MM X 38MM
(4 PIECES),

LOWER CROSS BRACE
1100MM – 100MM X 50MM
(1 PIECE).

12X 75MM LONG BATTEN SCREWS,

4X 120MM LONG BATTEN SCREWS

1 PIECE STEEL TUBE
35MM DIAMETER X 1370MM LONG.

BOSCH



1


2
Plane edges for a smooth finish using the *PHO 1 Planer.*


3
Use the *PSB 18 LI-2 Gen II Impact Drill/Driver* to pre-drill 75mm screw holes


4
Drill counter-sink holes for a flush finish



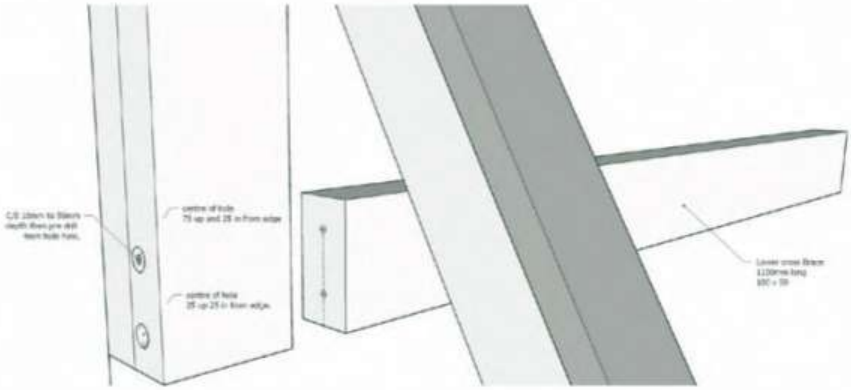
5

Using *PWS 2000 Angle Grinder* to cut bar to 1370mm length.



6

Use *PWS 2000 Angle Grinder to* grind off any burred edges.





7

Using the *PSB 18 LI-2 Gen II Impact Drill Driver*, drill 35mm hole for the bar using the 35mm spade bit.

PKS 18 LI **Circular Saw**

- **Soft grip on main and side handle** minimises vibration and improves control of tool
- **Ergonomic position** design of the lock-off button on top of the handle enables easy handling
- **Easy adjustment of cutting depth** through ergonomic operating elements
- **0°/45° cutting mark indicator** for precise cutting and excellent controllability
- **Vacuum cleaner connector** for effective dust management
- **Spindle lock** for quick and easy saw blade changes

PSM 18 LI **Cordless multi-sander**

- **Ergonomic Design** – Compact size, ergonomic shape of grips and soft grip area
- **Continous Working** – Due to strong and long lasting 18 V Li-Ion exchangeable battery pack
- **Powerful** – 18 V Li-Ion battery pack enables comparable performance to a corded sander
- **Convenient** – Microfilter System box easy to clean with a maximum of dust collection
- **High Durability** – Sanding plate with lasting velcro type
- **Convenient** – Sanding plate with micro velcro type, easy change of sanding paper

PHO 1 **Planer**

- **500-watt planer** for fast applications up to a cutting depth of 1.5 mm
- **Patented Woodrazor blade system** – easy, effortless planing, the easiest and quickest possible blade changing and high surface quality
- **V-groove** for conveniently rounding off corners
- **Chip clearance** on one side for connecting to a dust bag or vacuum cleaner
- **Combined guide** and planing depth adjustment knob provides secure guidance and infinitely variable adjustment









8

Assemble structure by screwing the 120mm screws using the *PSB 18 LI-2 Gen II Impact Drill Driver.*



9



10

Attach the bar to the frame by inserting it into the pre-drilled holes

PSB 18 LI-2 Gen II **Impact Drill Driver**

- **20+1 Torque settings** for easy power control
- **Keyless chuck** with AutoLock for easy drill and bit changes
- **PowerLight and battery status** indicator for added convenience
- **Highest runtime** thanks to Lithium-Ion Technology and interchangeable battery pack
- **Separate impact function** for drilling in stone and concrete
- **Integrated direction LED**

PWS 2000 **Angle Grinder**

- **Easy to use all-round angle** grinding and brushing
- **Safe and easy** to use thanks to minimum grip circumference
- **Burst-wheel proof protective guard** for better protection
- **Protective guard quick** adjustment system that requires no extra tools
- **Small gear head** for easy working, even in hard to reach areas

PCM 1800 SD **Slide Mitre Saw**

- **Effective dust collector** – attachment to minimise airborne particles
- **Built-in laser** as a sawing aid
- **Well-engineered torsion spring** – for cutting with minimum efforts
- **Adjustable stainless steel Mitre detent plate** – for quick Mitre adjustments
- **Clear and highly visible bevel & Mitre scale** – for accurate cutting adjustments
- **Soft grip handle** – for vibration reducing grip, comfort and control





A



B



C

Now that you're finished, test out your handyman skills by smashing out a few sets of reverse-grip chin-ups. If you're feeling really confident, give some muscle-ups a go!

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For more information on Bosch Power Tools please head to bosch-do-it.com.au



MARK VISSER

Mark Visser is an Australian big wave surfer and ocean adventurer. His dedication to the sport is unprecedented with intense training regimes and freakish skills, he is known as one of the fittest waterman in the world.

Mark spends his time tracking down some of the biggest waves on the planet utilising innovative technology and pioneers unique ways to surf them. Marks feats are not only about surfing, but adventure, exploration and staying alive in situations that some consider impossible.



FAST, AGGRESSIVE AND DANGEROUS

WORDS Olivia Amourgis



Images supplied by Agent 99 Public Relations

JORDAN MORGAN COULD BE MISTAKEN FOR SOMEONE MUCH OLDER AS HIS MATURITY SHINES THROUGH IN HIS VOICE. HE HAS A PASSION, A GIFT AND LIKE ALL SUCCESSFUL ATHLETES, HE IS DRIVEN TO COMPETE. At just 25 years of age, Jordan already has over 12 years of BMX racing experience behind him. The three-time Australian and five-time Victorian champion has the passion pumping through his blood, having developed the love from his father.

“My father got me into it [BMX racing]. He still races to this day and is definitely the major driving point for me,” Jordan said. “It’s not so much about winning or being the best but actually setting yourself a goal and challenging yourself to get to that goal.”

Setting goals is a way of life for the USANA Health Science ambassador and he knows that if he has done everything he can to prepare for his goal then he will go into a race mentally prepared. Truly dedicating himself to BMX racing, however, has meant he didn’t lived the typical teenage lifestyle. Partying was not a big part of his adolescence; instead he was at home getting his quality eight hours of sleep and maintaining a healthy diet. To some this may be considered a sacrifice, but Jordan’s love for BMX far outweighed the desire to party and it was the lifestyle he preferred. Mondays and Thursdays are often spent in the gym, and Jordan can be found doing sprint work on Tuesday and Fridays. Wednesdays and Saturdays involve trackwork and Sundays are usually race day.



Images supplied by Agent 99 Public Relations

It is a jam-packed week of training for Jordan but his love of competing, coaching and working with his family keep him motivated. Jordan's passion for riding, though, has wavered at times.

"There was a stage a few years ago when I wasn't really enjoying riding that much and it became a chore. I just didn't want to ride my bike and I wasn't enjoying the training," Jordan said. "Through coaching I have found that enjoyment again; to actually appreciate and enjoy riding. The people I ride with showed me a new appreciation for the sport and kept me going."

The certified coach and official also loves the fact that BMX racing is a family sport. Much to Jordan's disappointment, though, following BMX racing's debut at the Olympics in 2008 the sport's format has changed. It has become super-cross style designed for elite riders. The younger and elite competitors used to compete at the same venue but super-cross style calls for bigger start hills, bigger jumps and faster courses where they now travel at 45-55 km/h. Jordan believe the advances have spoiled it for the young "helmets on wheels" and the family-friendly side to the sport.

Jordan describes BMX racing as "fast, aggressive and dangerous", leaving little wonder as to why he has had his share of injuries. At 14 Jordan suffered a compressed vertebra and was on the sidelines for three months. To this day Jordan still has constant back pain but at that age he didn't think about it too much. When he broke his hand and fingers, however, it affected him more mentally than previous accidents.

"The older you get, the wiser you get," Jordan said. "It [crashing] takes a lot longer to forget about."

So, if you have a passion for unpredictable, fast-paced and exciting sports BMX is one to not only watch but also get involved in as its popularity grows amongst males and females alike. **MMH**

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REST & PAUSE TO GROW

This rest-and-pause workout will help you to recover and grow in size quicker than you could have imagined.

WRITTEN AND DEMONSTRATED BY Melih Cologlu | **IMAGES** CMP Photography

We all know that frustrating feeling of getting stuck with making strength and size gains. However, I have some good news for you. There is a plateau-busting principle that has been practised for years by some of the most elite athletes, which will help you achieve incredible gains. The technique is called the "REST/PAUSE" training system. It consists of one large set that is made up of smaller sets with a short amount of rest in between. It allows you to use your muscles' ability to recover quickly in order to complete more repetitions with a given resistance. The great advantage of this system is the endless varieties you can perform in order to keep your muscles progressing. It can be used to increase strength using different resistances and a variety of rep schemes, which will allow you to trigger a variety of muscle fibre types.

Let's say you want to increase your 8RM (this stands for 'rep maximum' and is the specific resistance that you are able complete a set number of repetitions with). You would use your current 8RM weight to complete four reps, rest 15 seconds, complete another four reps, rest 15 seconds and complete a final set of four reps or until failure. Now you have just completed a total of 12 repetitions with your 8RM weight. The short rest periods allow your muscles to replenish their creatine, and enables you to complete more repetitions than if you had done a straight set with the given resistance.

Another variety of this system would be to complete seven to eight reps with your 8RM, then rest 15-20 seconds, complete another rep, rest 15-20 seconds and then complete another single repetition. By now, you should be starting to understand the pattern and how this system can have so many varieties. Since the human body is an amazing machine that is so quick to adapt, make sure to use varieties of this system to keep your muscles guessing. You can modify rep schemes, resistances and even rest periods within the rest-pause sets. Nothing is written in stone.

Keep in mind that the rest/pause training system can be used not only for compound exercises such as the bench press and the squat but also isolation exercises such as biceps curls and triceps extensions. Performing isolation exercises creates sensational muscular pumps due to those extra reps you are able to squeeze in.

Photo Credit: Shutterstock.com



TRADITIONAL LIFTING v REST/PAUSE PRINCIPLE:

1. Practising only the traditional lifting systems such as four sets of eight reps will limit your gains.
2. The rest/pause training system is designed to use your muscles' ability to recover rapidly, and helps you break plateaus - allowing for both strength and size gains.
3. Alternating traditional lifting methods with the rest/pause training system is a great way to track your progress in terms of strength gains.

Photo Credit: Shutterstock.com

THE REST/PAUSE TRAINING SYSTEM:

SAMPLE TRAINING SPLIT

If you see an asterisk next to an exercise, please look for the picture demonstration.

DAY 1 - CHEST & TRAPS

- Barbell Reverse Grip Incline Bench Press *
- Dumbbell Flat Bench Flye
- Dumbbell Incline Bench Press
- Barbell Front Shrugs
- Dumbbell Side Shrugs

DAY 2 - QUADS, HAMS & CALF MUSCLES

- Barbell Front Squats*
- Hack Squats
- Leg Extensions
- Barbell Stiff-Legged Deadlifts*
- Seated Leg Curls
- Lying Leg curls
- Standing Calf Raise Machine
- Seated Calf Raise Machine

DAY 3 - REST

DAY 4 - BACK & SHOULDERS

- Dumbbell Flat Bench Pullovers*
- Wide Grip Lat Pull Downs
- T-bar Rows
- Barbell Front Raises *
- Dumbbell Bent-Over Side Raises
- Smith Machine Shoulder Press

DAY 5 - BICEPS & TRICEPS

- Straight Bar Curls (Close Grip) *
- Dumbbell Hammer Curls
- High Pulley Curls
- Close Grip Dumbbell Incline Bench Press*
- Single-arm Dumbbell Overhead Extensions
- Flat Bench Dips

DAY 6 - ABS & OBLIQUES

- Flat Bench Half Sit-ups (resistance band for added resistance, optional) *
- Crunch Machine
- Kneeling Rope Crunch
- Side Planks (dynamic)
- Dumbbell Side Bends

DAY 7 - REST

THE EXERCISES





// BARBELL REVERSE GRIP INCLINE BENCH PRESS

TARGET MUSCLES: Upper pecs

SET-UP: First make sure you have a straight barbell set up lighter than what you would use for the standard barbell press exercise, and use a wider than shoulder width underhand grip.

ACTION: Unrack the bar and lower it with control towards your upper pecs as you inhale. Push the bar back up as you exhale while focusing on upper pec contraction.

TIP: If you have never performed the reverse grip barbell press, start on a flat bench to get the motion right then move onto the more advanced incline version.

TIP: If you have never performed front squats before, start with a very light weight to get used to the motion - and avoid leaning forward.





// BARBELL FRONT SQUATS

TARGET MUSCLES: Quadriceps and glutes

SET-UP: Set up a barbell on a squat rack slightly lower than shoulder height.

ACTION: Get under the bar so that the barbell is resting on top of your front delts and grab the bar by crossing your arms over it. Unrack the bar and squat down to a height where your thighs are parallel to the ground and inhale. Exhale as you stand back up, keeping your chin and chest up throughout the movement.

// BARBELL STIFF-LEGGED DEADLIFTS

TARGET MUSCLES: Hamstrings and lower back

SET-UP: Set up a barbell on a deadlift rack or on the floor with the desired resistance.

ACTION: Unrack the bar while keeping the knees just shy of locked, feel the hamstrings stretch as you go down and inhale. Rise back up, maintaining a straight back and exhale.





// DUMBBELL FLAT BENCH PULLOVERS





TARGET MUSCLES: Lats and chest

SET-UP: Lie on a flat bench with a single dumbbell and hold it with one hand crossing over the other.

ACTION: Start with the dumbbell over your chest and maintain your elbows just shy of locked. Lower the dumbbell behind you as you open up your lats and feel the stretch on your lats as you inhale. Pull the dumbbell back over your chest, keeping the elbows just shy of locked and exhale.

TIP: Focus on creating the shape of an arch with the dumbbell while you are performing this exercise.

// STRAIGHT BAR CURLS (CLOSE GRIP)

TARGET MUSCLES: Outer biceps

SET-UP: Take a close grip on the barbell. With your feet hip to shoulder-width apart, chest up and eyes focused forward, hold the bar in front of your thighs.

ACTION: On the exhale, curl the bar up slowly with control while maintaining a close grip. Lower the bar down with control as you inhale.

TIP: Keep the elbows next to your body and avoid swinging while keeping constant tension on your outer biceps.





//BARBELL FRONT RAISES

TARGET MUSCLES: Front deltoids

SET-UP: Overhand grip the barbell.

ACTION: Raise the barbell to shoulder height while you exhale and bring the bar back down on the inhale.

TIP: Maintain a straight back and avoid swinging. You can vary grip width all the way from a little wider than shoulder width to 15cm apart.





// CLOSE GRIP DUMBBELL INCLINE BENCH PRESS

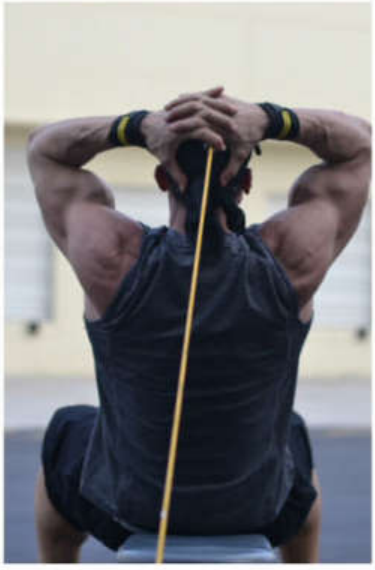
TARGET MUSCLES: Work triceps

SET-UP: Keeping the dumbbells together as one unit, start with them over your chest and your elbows shy of locked, which will help keep the tension on the triceps muscles.

ACTION: Lower the dumbbells down to your chest as you inhale. Press the dumbbells back up and exhale.







// FLAT BENCH HALF SIT-UPS

TARGET MUSCLES: Abdominals

SET-UP: Lie on a flat bench with your hands on the head (elbows back).

ACTION: Sit up to a halfway point using your abs and exhale, then lower yourself back down with control and inhale.

THE FINAL WORD

In fitness and bodybuilding, it's crucial to get out of your comfort zone in order to further your progress - and the rest/pause training system is designed to do just that! I wish all the *Men's Muscle & Health* readers a great season of training; let's get out of our comfort zones and claim results! **MMH**

real food for real muscles

These three easy dishes are all about REAL ingredients that deliver more muscle, less fat and incredible health benefits!

RECIPES Jahmin Daga and Michelle Dryburgh | **IMAGES** Justin Smith

I have always loved food, so when I met my girlfriend Michelle and discovered she had coeliac disease, I was worried. The thought of giving up gluten – such as bread and my favourite pasta dishes - was hard enough, let alone saying goodbye to beer and chicken parma at the pub. But I did it, filling up instead on her pantry of gluten-free products, gaining a puffy face and round belly in the process.

Then she decided to cut out all grains, dairy and refined sugar. I knew it meant she would feel better, so despite my hesitations, I picked the shortest month of the year and committed to it, for 28 days.

February finished, March came and went, and we were still eating this way. Before long I'd dropped 12kg and my muscle definition had returned.

Michelle had been blogging about her gluten-free life for a while, and as our diets changed, the blog did too. We've been sharing recipes and nutritional information as *'The Real Foodies'* for a couple of years now, and just launched our first cookbook, Real Food for Real People. All of the recipes are quick and easy to make, support a clean eating lifestyle, and they're 100 per cent free of gluten, grain, dairy and refined sugar. We eat this way for health reasons, but the high-protein dishes will support your efforts in the gym too. These are some of our favourites, enjoy!

Jahmin Daga



The recipes in this article are extracts from The Real Foodies Cookbook (RRP: $39.95) and have been edited for purposes within Men's Muscle and Health Magazine.

For more on The Real Foodies check out **therealfoodies.com.au**

CHICKEN AND LEEK QUICHE

Serves 2

This clean eating dish is one protein powerhouse combining chicken, eggs and almonds in a great-tasting, easy meal.

INGREDIENTS

Crust

- 2 cups almonds
- 1 egg
- Salt and pepper

Filling

- 2 small chicken breasts, diced
- 1 onion, diced
- 1 leek, finely chopped
- 3 cloves garlic, diced
- 3 spring onions, roughly chopped
- 1 cup mushrooms, stems removed and diced
- 1 cup spinach
- 1 tomato, sliced
- 1/4 cup fresh basil
- 1 tbsp dried parsley
- 6 eggs, whisked
- 1 cup coconut milk
- Salt and pepper
- Coconut oil, for cooking

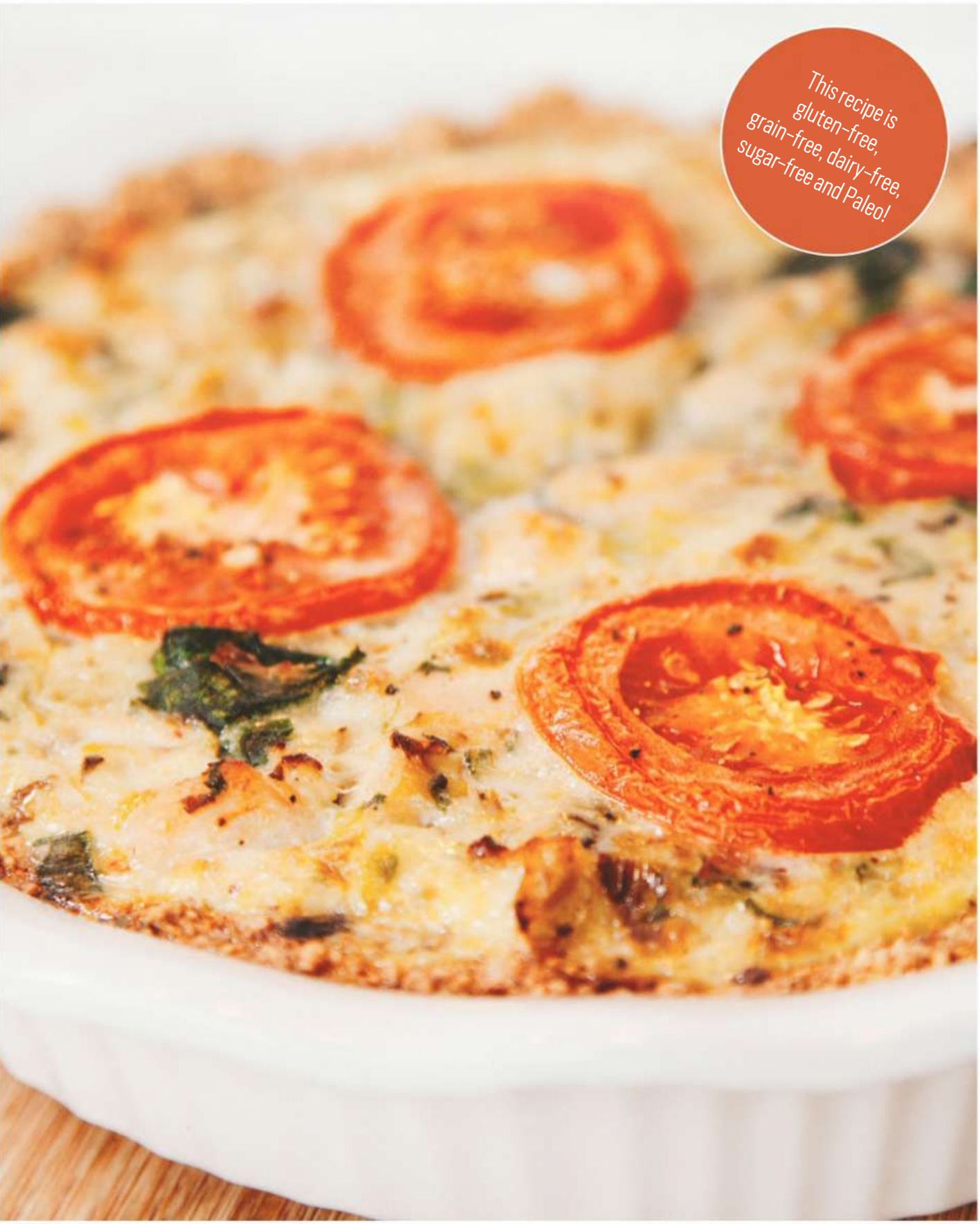
METHOD

Crust

Preheat oven to 180C. Place almond meal and egg in processor and mix until dough forms, scraping sides if needed. Tip mixture into a tart tin. Using fingers, spread the mix around, pushing down to form a firm base. Poke holes into base with a fork approximately every 5cm. Place in oven for 15 minutes or until slightly browned and firm.

Filling

Heat frying pan on medium heat, sprinkle chicken with salt and pepper and cook for 5 minutes, or until ready. Leaving the heat on, remove chicken to a bowl and set aside. Sauté leek and onion in the frying pan until soft. Return the chicken to the pan with mushroom, garlic, spring onion, dried parsley. Stir and cook for another 2 minutes, adding basil and spinach until wilted. Pour all ingredients into the cooked base. Whisk egg and milk together and pour over the filling. Place tomato slices on top, sprinkle with salt and pepper. Cook in oven on 180C for 30 minutes, or until firm. Serve immediately or store in refrigerator. Can be reheated or served cold.


This recipe is gluten-free, grain-free, dairy-free, sugar-free and Paleo!

MEXICAN PULLED PORK

Serves 2

This is one of those dishes that packs maximum flavour with minimal effort. Pork is packed with protein too, so this dish can be enjoyed for breakfast, brunch, lunch, dinner or a post-workout snack.

INGREDIENTS

- 2 cups of pulled pork
- 3 tomatoes, chopped
- 1/2 cup homemade tomato sauce
- 1 small onion, sliced
- 1 clove garlic, diced
- 1 tsp dried coriander
- 1 tsp cumin
- 1/4 tsp chilli powder

PREPARATION

ONE: For a drier-textured pork, first remove the fat layer. You can do this in one piece and make crackling, or discard. Alternatively, keep it on the pork for a richer flavour and moisture.

TWO: Place a bowl in the bottom of your slow cooker and sit your roast pork shoulder on top. This keeps the meat out of the liquid.

THREE: Cook for eight hours on low heat - simply set and forget overnight or while you're at work.

FOUR: When meat is cool enough to touch, 'pull' or shred by hand and store in an airtight container in the fridge for 3-4 days.

METHOD

Heat frying pan with a teaspoon of fat from broth or coconut oil. Sauté onions until soft, then add herbs and spices. Stir in the tomatoes, sauce and pulled pork until well combined and heated through. Serve on grain-free fajitas with your favourite breakfast sides.





This recipe is gluten-free, grain-free, dairy-free and sugar-free!

PIZZA

Serves 2 on medium-size bases

Life just wouldn't be the same without pizza, and nobody should have to give it up. So don't! This grain-free pizza base is easy to make and it's packed with protein from almonds and eggs.

INGREDIENTS

- 2 cups almond meal
- 2 eggs
- 1 tbsp coconut oil
- 1 clove garlic, crushed
- pinch salt

METHOD

Preheat oven to 180°C, roll out baking paper on bench, dust with tapioca flour. Mix all ingredients by hand until a dough forms. Place dough on the paper. Place another piece of baking paper on top of dough and roll out with a rolling pin. Carefully transfer lower sheet with prepared base onto a baking tray. Cook in oven for 15-20 minutes or until firm and slightly browned. Dress with your favourite real food toppings and return to oven until ready. MMH

the comeback kid

From despair to triumph, comebacks are common in the fitness world, each of them inspiring. But Ryan Carruthers, a power engineer from Canada, overcame an accident so big we couldn't help but dub him 'the comeback kid'.

WORDS Chloe Henderson
IMAGE Jamie Watling Photography



RYAN CARRUTHERS

Location: Alberta, CANADA
Occupation: Power Engineer
Age: 35

Ryan Carruthers grew up on a farm and was always used to physically demanding jobs. However, this lifestyle left a young Ryan light and lean, rather than muscly and solid. Not happy with his appearance and looking to improve himself, he did what any sensible *MMH* guy would do – hit the gym.

"Within the first month of training I was hooked. Watching [my] strength and size increase was motivation to continue. I trained religiously for years."

The week of his 30th birthday, Ryan entered his first ever physique competition in the best shape of his life. Everything was going to plan. Unfortunately for Ryan, an appetite for adrenaline would almost cost him his life.

A motocross accident back in 2010 left him with broken and fractured vertebrae in his neck and back, leaving him bedridden for six months. His rigorous training and fitness lifestyle came to a very abrupt halt.

Photo Credit: Shutterstock.com



"The accident occurred on my fifth race of the year after returning to the sport following a three-year hiatus. It happened on a track I was familiar with, but it had been raining for a couple days and the track was a mud pit," explains Ryan.

Due to traction issues and a short approach to the jump face, Ryan was struggling to clear an 80-foot (25m) double that landed in a valley. As he left the rutted jump face on his third lap, the back of the bike kicked out sideways and Ryan landed at a 45-degree angle.

"The bike bounced off the end of the jump landing and down the valley. I'm not certain what exactly happened when I touched down, but from the doctor's evaluation of my injuries it appears my head whipped back far enough that my helmet struck the base of my neck, severely fracturing my C6 and C7 vertebrae."

The impact broke a 2.5cm long piece off the spinous process of Ryan's C6 and broke the entire process off of C7. He suffered a severe compression of his L1 vertebrae and a broken shoulder, along with severe head trauma.

"The shell of my month-old, fully certified helmet cracked due to the impact. It very likely saved my life," says Ryan.

Due to his injuries Ryan was made to wear a neck brace for nine weeks, along with a strict order not to lift or carry weights for at least three months. The lack of mobility took a toll on Ryan's fitness and the ordeal became a huge challenge in his life.

"I have a fast metabolism, so I lost a considerable amount of muscle… I've had to work my arse off for every ounce of muscle I've gained, so watching my body degrade was torturous. I have always been an extremely active person, so sitting around doing nothing was very difficult."

Ryan vowed to return to the gym as soon as he could and to take his fitness to a new level.

"My accident took its toll mentally and physically. I was quite depressed during the whole ordeal. In the depths of my depression, I decided that when I was able to train again I would train harder than I ever had and I committed to achieving the best conditioning of my life."

With much care and patience, he was able to start exercising again the following year, and within 22 months Ryan achieved his Pro status with the World Bodybuilding and Fitness Federation (WBFF). Ryan admits there were times where it would have been easier to quit training altogether but by fixating on his goal he was able to overcome the setbacks life handed him.

"The effort you put in is directly proportionate to the results you achieve," says Ryan, "I enjoy pushing the boundaries to see what I'm actually capable of."

With his obstacles now behind him, Ryan is back better than ever. His new goal is to place in the top ten on the WBFF world stage. From despair to triumph, Ryan now finds his motivation within himself by being his own inspiration and always strives to 'find his limits… and then push them'. **MMH**

> **"THE EFFORT YOU PUT IN IS DIRECTLY PROPORTIONATE TO THE RESULTS YOU ACHIEVE."**

EAT LIKE RYAN

MEAL 1
- Egg white omelette with vegetables
- ½ cup of rolled oats
- 1 scoop of protein powder

MEAL 2
- Tuna sandwich on whole wheat bread

MEAL 3
- 170g steak
- 1 cup of vegetables/ rice/quinoa
- Small dessert
- OR
- Stir fry with 170g chicken

MEAL 4
- Banana and almonds
- Post-workout shake (whey isolate, banana, natural peanut butter)

MEAL 5
- Salmon
- Greek salad
- 1 cup of rice
- Ice cream bar (or equivalent)



TRAIN LIKE RYAN

- **Monday** – Chest and biceps
- **Tuesday** – Back, triceps and abs
- **Wednesday** – Legs
- **Thursday** – Rest day
- **Friday** – Shoulders and traps
- **Saturday** – Abs, calves and biceps or triceps
- **Sunday** – Rest Day



PART ONE: ALL THINGS

WORDS Dave Nixon

IF YOU WANT TO TRAIN LIKE THE BEST YOU HAVE TO GET AROUND THE BEST. Recently, I wanted to add some more arsenal to my training and coaching repertoire. So what did I do? What any good student would. I sourced some of the best in the industry and reached out to them with the goal of training with them. Fast forward six weeks and I am sitting on the bus homebound from Melbourne to Canberra as I round off approximately 40,000 kilometres of travel to train with the best and share some exclusive content with the *Men's Muscle & Health* family.



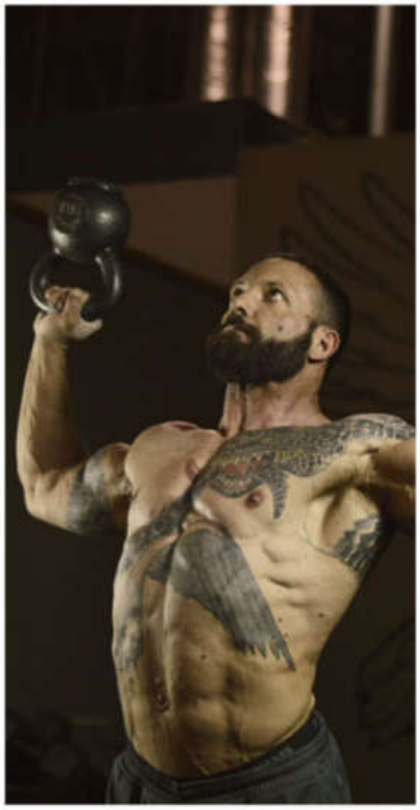
STRENGTH



I sourced out three of the best strength gyms and coaches, and three of the best conditioning and calisthenics coaches in order to discover not only the programming behind the best but also their mental edge and what makes them who they are.

The first part of this two-part series lands us among some of the strongest people in the world. First stop: Elite Performance Centre in Portland, Oregon.

Photo Composited from: Shutterstock.com





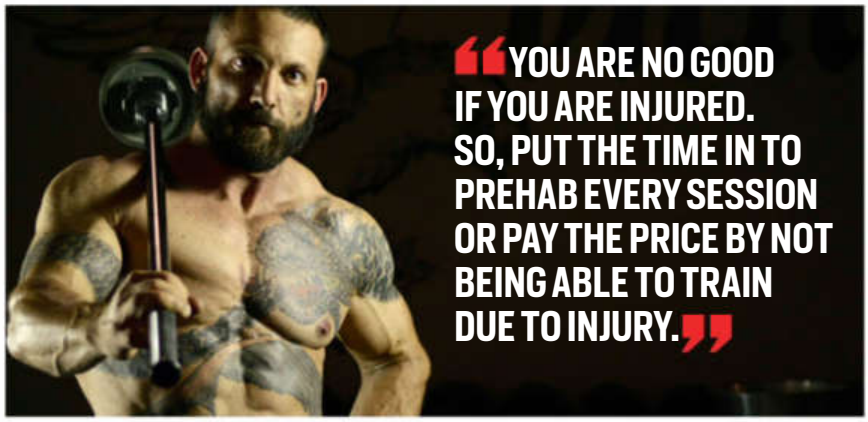


Photo Credit: Jack Donovan

CHRIS DUFFIN

ELITE PERFORMANCE CENTRE IN PORTLAND, OREGON

Elite Performance Centre (EPC) is home to Chris Duffin who boasts a world record Raw (Knee Wraps) squat in the 220lb class at 881lb. Converting to metric, that's right on 400kg at about 100kg. This guy is the real deal. The amazing thing about Chris is that he isn't just strong; he also boasts a Bachelor's degree in Engineering and an MBA. Hence he is known as 'the mad scientist of powerlifting'.

Mental Edge

Chris originally was known as 'Kabuki Strength' or 'The Kabuki Warrior'. This term came from the concept that you can get an "everyday man" and put on the Kabuki War mask and the man transforms. In war times, a normal hunter and gatherer turns into a warrior; a killer.

Now, he doesn't want you bringing masks to the gym. He just wants you to bring your squat face. He wants you to transform into more than you are. As if to hide behind the mask actually allows you to reveal who you really are: a warrior. More than just a man. So, next time you hit your sets, put on your "mask" and allow yourself to transform. It is this frame of mind that transforms a person long term.

Programming Edge

One of the most important factors I learned from Chris was that the smallest details count. From the tension you hold in your belly when benching through to your latissimus dorsi (the large back muscle that forms the "V" stemming from your shoulders) role in a squat. The shortcuts you take are the ones the winner didn't.

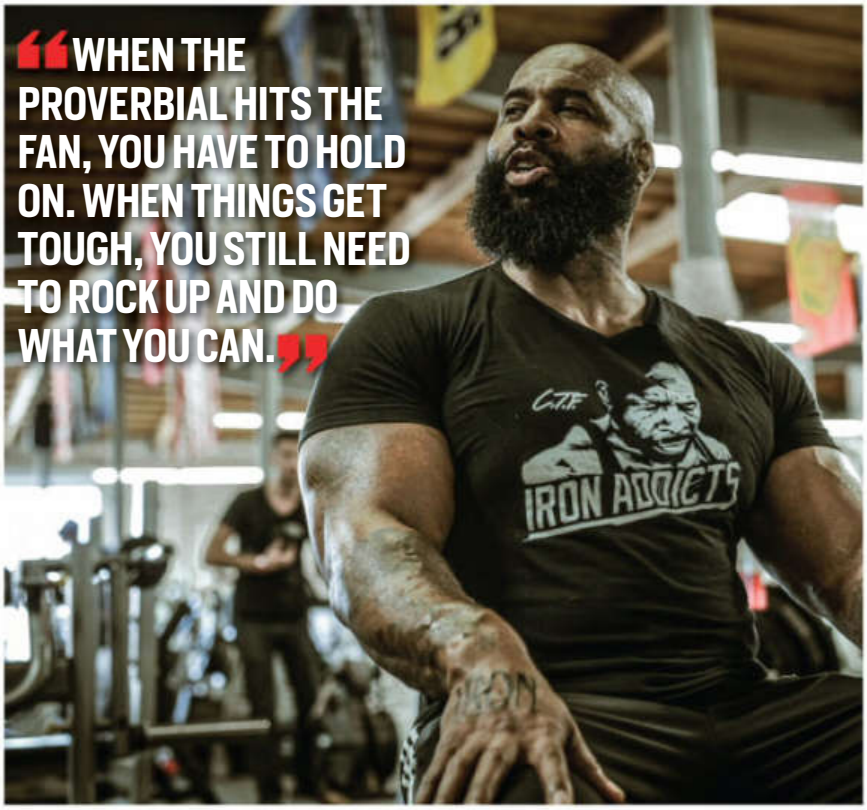
That aside, it's first things first, starting with prehab. You are no good if you can't compete. You are no good if you are injured. So, put the time in to prehab every session or pay the price by not being able to train due to injury. In sports like powerlifting, injuries are almost part and parcel as you push your limits. Powerlifting or not, you can still put in the work to avoid this at all costs. Don't leave it to chance.

Before pressing or benching or any other shoulder heavy exercises for that matter, you need to get your hands on a mace and do some swinging. The best way is to look up mace swings on YouTube to really see these are best executed for long-term shoulder health. If you are unable to get your hands on a mace then you can also use a 15kg or 20kg plate and complete an exercise called "around the world". This is where the plate rotates around your head clockwise and then anti-clockwise. Complete three sets of 8-12 in your warm-ups to bulletproof your shoulders from injury.





Images supplied by Dave Nixon



CT FLETCHER

IRON ADDICTS GYM IN LONG BEACH, CALIFORNIA

Iron Addicts Gym may not be a name that is too familiar to the larger Australian population. What you may not know is that this is home to the famous (or infamous) CT Fletcher. Also known as the 'Superman from Compton'.

CT first came to my attention in a YouTube video just a few years ago where he was colourfully commanding his biceps to grow. He is a massive personality online, with millions of viewers and subscribers on his ever-growing training and motivational channel.

CT is an acquired taste that literally millions upon millions of people crave week after week, session after session. If you don't know him, then you have been living under a rock because you most definitely should. The message he portrays in his videos hits you right in the motivational gland. In short, if his videos are your morning double espresso then CT would be the punch of caffeine.

As hard as the man is, in person he is a gentleman. It was a true pleasure investing my time with this man. His pure energy and aura is enough to want to make you train harder than you have all year.

Mental Edge

At 56 CT has ridden shotgun on the rollercoaster of life for the better part of five decades. From a number of health issues to holding world records, he has seen more than most lifetimes put together.

Taking into account his passionate following of 'Iron Addicts', his physical presence and his ability to command a room just by standing in it, I asked CT why he thinks he's been able to get to where he is today. His answer was simply that he held on "when others let go."

Something so simple and powerful all at the same time. When the proverbial hits the fan, you have to hold on. When things get tough, you still need to rock up and do what you can.

"That's exactly what it's about," explains CT. "That's fortitude. Do your best – that's what counts. That's what's most important. It's the [expletive deleted] who give up that never do anything worthwhile."

So, next time it gets hard – and it will – find something to grip onto and hold on like hell. The best just never let go.

Programming Edge

What better workout to hit with the man himself than "Americana". Grab a training partner and rack up approximately 70% 1RM bench press on the barbell and go set for set, completing reps of one, two, three and so on… right up to 20.

Your rest is your training buddy's work. Now, I want you to finish this off by challenging each other to failure on some triceps extensions. Set the weight to where you can do approximately 20-30 reps. You have three sets to try to outdo each other.

If this is done right, you should struggle to do a push-up. If not, start again.







LOUIE SIMMONS

WESTSIDE BARBELL IN COLUMBUS, OHIO

When you think strength training you can't go past the father of powerlifting, Louie Simmons. Westside Barbell is home to Louie Simmons and some of the world's strongest athletes. Not just from powerlifting but also MMA, athletics and CrossFit. People walk in to Westside strong and leave there bulletproof.

Louie was at the top of his game for 30 years. He ranked in the top 10 nationally for three whole decades, so when he talks, you listen.

Westside has no advertising, no marketing and no signage. The benches are scratched, the weights are discoloured and the walls are marked. The beauty of Westside isn't the shininess of it; it's the wear of it. You know people have been broken down and rebuilt here. You could almost smell it in the damp Ohio rain.

Mental Edge

If there is anything to take from Westside that is not spoken but rather felt is that you absolutely must get around people who want to get better. One training buddy is good, a tribe is optimal. The energy around the room in Westside and even outside relentlessly pulling these stubborn, grinding sleds gave you this feeling that giving up would be letting everyone down.

So firstly; get around a tribe of people wanting more.

Secondly; do the work. Do all of the work. You have to build this innate relationship with yourself to know what good pain is and what bad pain is. Your workout doesn't start until the good pain kicks in. Everything before this point was just a warm-up. This is the ONLY part of the workout that actually counts. So, when you start to feel this, smile because this is where the game begins.

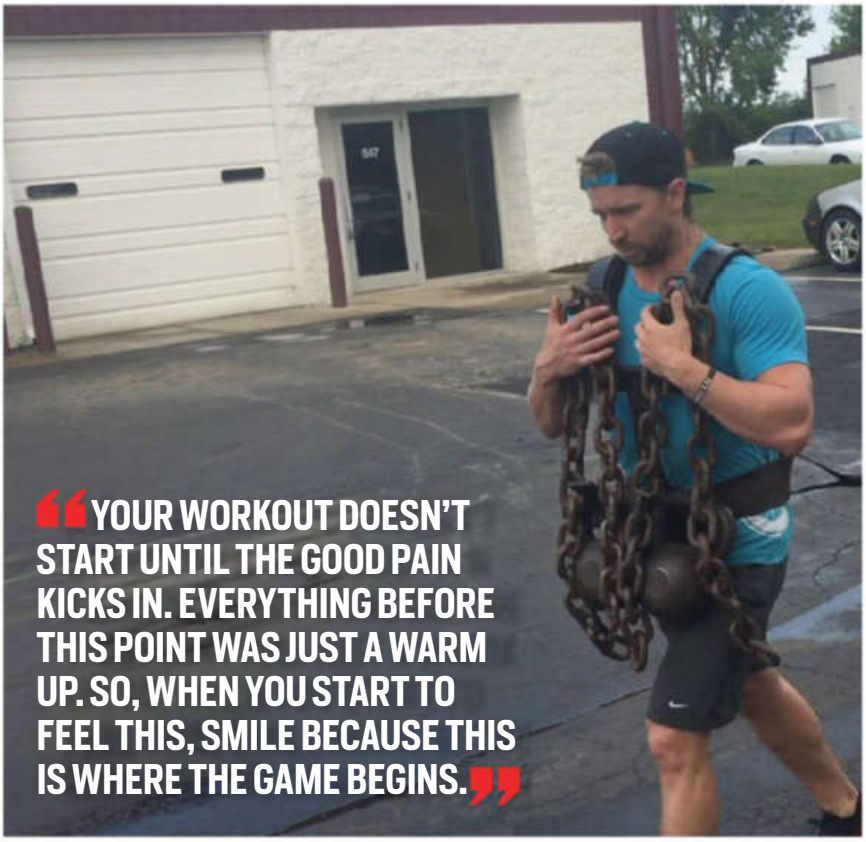
Programming Edge

If you haven't already added sleds to your weekly repertoire then start. Whether you are pulling, pushing or dragging a sled, the carryover to real world strength is something you just cannot get by any other form of training.

Over the coming six weeks add at least one day of pushing a sled and one day of pulling a sled. Keep your sled days at least three training days apart and add them at the end of your session.

Also, get creative and vary the loading, distance and even the type of pushing and pulling you do. Below are a few examples to add to the mix and are all programmed at 60kg. You can change the loading to go up and down, which will make a massive change in the workout itself.





"YOUR WORKOUT DOESN'T START UNTIL THE GOOD PAIN KICKS IN. EVERYTHING BEFORE THIS POINT WAS JUST A WARM UP. SO, WHEN YOU START TO FEEL THIS, SMILE BECAUSE THIS IS WHERE THE GAME BEGINS."

Images supplied by Dave Nixon

Pulling:

- A 60kg sled whilst holding a heavy medicine ball (20-45kg) to your chin and clavicle. Do not let the ball drop from this position.
- A 60kg sled whilst bent over, rolling a heavy deadball (20-45kg) along the ground. If done well, you should feel your hamstrings (back of your thighs) screaming at you.
- A 60kg sled whilst holding 16kg (or heavier) kettlebells in a front rack position across the front of your shoulders. This will force structure and posture integrity and will help develop the muscle of the upper back and posterior chain.

Push:

- A 60kg sled with arms at hip height and full extension. Attempt as far as you can in 20 seconds with a 10-second rest. Complete eight sets.
- Start the sled at 20kg and complete 20 metres. Add another 20kg and complete another 20 metres. You are not allowed to rest or stop until you get to the end of the 20 metres. Continue to go up in weight in this fashion until you physically are not able to complete the 20 metres in one attempt.
- In teams of two, complete as many 60kg sled pushes as possible in 10 minutes. Be sure to take turns, keep each other honest and keep the energy high. Challenge another team of two to ensure that you give it everything.

Too often we get a dump of awesome information and we aim to implement it all at once. More often than not, if you are anything like I have been in the past, you fall short from staying committed to everything! If this is you then I have one piece of advice: pick one thing from this article that really hit home for you and apply it for 90 days. Once you have done that and have made it a part of your weekly routine or daily mindset, add something else. If you do that over the space of a year you have now added four life-altering changes. That may very well be the difference between where you are now and where you want to be.

Take care and kick arse.
Dave

Make sure you grab a copy of *Men's Muscle & Health* issue 13 for Part Two: All Things Conditioning. **MMH**



WHAT'S YOUR SELF WORTH?

Do you have low self-worth? Reclaim your power today.

WORDS Greg Dolman

Photo Credit: Shutterstock.com

WHAT'S YOUR SELF-WORTH? This question is one that we should ask ourselves on a regular basis. 'Why', I hear you ask. From my experience, personally and professionally, the sad truth is that many of us get around each and every day with emotional issues which are purely related to our own lack of worth (or self-acceptance). Lack of self-worth is closely related to a lack of self-esteem, lack of self-confidence, lack of self-respect, and a lack of self-love. These can be either on a conscious level, subconscious level, and/or a combination of the two. Our self-worth (or lack of) really does carry some negative weight with it.

Generally, we give away our worth to three things:

1. Other people;
2. Material things;
3. Improving our physical appearance

So, let's look at these three things and discover how we may give our worth away to others.

OTHER PEOPLE

We all know someone, whether it's a spouse, relative, partner, or friend - who has a dominant person (leader, or controller) in their life who seems to have some sort of control over them. Generally, this person has low-self worth and is known as a follower. A follower will usually 'allow' another, or others, to take control in some aspect of their life. It may be that they are made to feel useless and/or can't achieve anything without the assistance of the controller. The controller, on the other hand, tends to get a buzz out of controlling other people, so much so, that this control gives them a feeling of power. This is the power that has been taken away from the follower. You have no doubt heard the saying "take back your power"!

Both the controller and the follower are missing something in their lives and are looking for a 'fix' to address what is missing. Both have to look within to find the answer to what they are looking for.

RECLAIM YOUR SELF-WORTH FROM OTHERS

If you are the follower, surround yourself with positive people who'll support and help you to see the good points about yourself. In some cases, a follower will only observe and focus on their weak points instead of being made aware of their good points and being grateful for them.

As for the controller, they also have a lack of self-worth and need to have confirmation that they are worthy of being around others. This confirmation unfortunately comes in the form of control. In many cases, the controller is usually unaware that they are actually taking control of other people's life situations.

Please note that there are those of us who are quite happy with being either in the follower or controller role, so this is purely for those who feel that they have either taken away another's power, have given their power away, or are unaware of either.

MATERIAL THINGS

The second way people give away their self-worth comes in the form of material things. Examples of this are buying things for ourselves that we really don't need, but which can be quite expensive: a house, a new car, new clothes, food or even alcohol and narcotics.

How many people do you know of, if not yourself, who buy themselves something new only to realise a short time later that they really didn't need it? The NEED overcame the WANT. Sure, I WANT a new car but the fact is that I don't NEED one.

RECLAIM YOUR SELF-WORTH FROM MATERIAL THINGS

Start by becoming fully aware of what you want versus what you need in your life. A 'want' is generally a thought (head) and a 'need' is generally a feeling (heart). Don't let your head rule your heart, or your thoughts rule your feelings. Once you can relinquish your desire for material possessions they will lose their power, and your self-worth will no longer be tied to having them.

> **"HOW WE VALUE OURSELVES WILL DETERMINE HOW WE APPROACH OUR PERSONAL TRIALS AND TRIBULATIONS, AND HOW QUICKLY THEY CAN BE RESOLVED."**

PHYSICAL APPEARANCE

The third way we give away our self-worth is through a constant desire to improve our physical appearance, which may involve anything that we feel improves what we see in the mirror and/or will get us compliments from our loved ones.

Excessive plastic surgery is often a sign of low self-worth, and there are many cases where individuals just can't seem to see the person in the mirror that they 'see' on the inside. From facelifts to a porcelain teeth makeover, some people are never happy with how they look.

For others, going to the gym excessively can also be sign of low self-worth. These people can usually be seen constantly checking themselves out in not only the gym mirrors, but also in bathroom mirrors, their reflection in shopfront windows as they walk past, and searching for positive feedback from their circle of friends. If these people don't get positive feedback about how they look, dress and behave, it can determine how good or bad their day will be.

RECLAIM YOUR SELF-WORTH FROM PHYSICAL APPEARANCE

A simple test to see how you value yourself is to grab a piece of paper and rule three columns. In the first column, write down what you like about yourself. In the second column, write down what you don't like about yourself, and in the third column write down what you are grateful for. The column with the most points will demonstrate where you hold your self-worth.

Ideally, your grateful column should be the biggest column as we should be grateful for everything after getting out of bed every day. You need to be conscious of what is important and not important in your life. If you can do this, then you may be able to begin to recognise your value.

As you can see, addictive or excessive behaviour is often a sign that we are having issues with our own self-worth. A lack of self-worth can create a ripple effect that will cause many other issues to evolve. It is important to be aware of the emotional issues that are going on in your life and look into how they are affecting you or the people around you. How we value ourselves will determine how we approach our personal trials and tribulations and how quickly they can be resolved. MMH

A CROSSFIT HERO

Grab a few mates and test your limits with this punishing CrossFit Hero workout.

ATHLETE Joseph Reweti | **IMAGES** Dallas Olsen | **LOCATION** Crossfit Urban Energy



Photo Credit: Shutterstock.com

CROSSFIT WORKOUTS, MORE COMMONLY REFERRED TO AS 'WODS', ARE KNOWN TO BE SOME OF THE MOST INTENSE TRAINING EXPERIENCES IN THE WORLD OF FITNESS. Involving "constantly-varied, high-intensity, functional movement" – CrossFit can leave even the fittest gym veteran kneeling in a pool of sweat wondering what hit them. In particular, the CrossFit 'Hero' WODs are especially brutal.

Hero WODs were created by CrossFit HQ as a way to honour the men and women in uniform who have fallen in the line of duty. They are intended to be performed with your best effort, and are individually named in memory of CrossFitters who have lost their lives to protect their country. So, next time you need some extra motivation, grab a few mates and test your limits with this punishing CrossFit Hero workout.

THE WOD "DG"

Complete as many rounds as possible in 10 minutes

- 8 Toes-to-bar
- 8 Dumbbell thrusters (15kg)
- 12 Dumbbell walking lunges (15kg)

This WOD is dedicated to US Air Force Major Walter David Gray, 38, (DG), who died on August 8, 2012 from injuries suffered during a suicide bomb attack in Kunar province, Afghanistan. He is survived by his wife Heather, daughters Nyah and Ava, and son Garrett.*



TOES-TO-BAR

HOW TO: Jump up to the pull-up bar and take an overhand grip just outside shoulder width. Bending at the waist, lift your legs and bring your toes up to touch the bar between your hands. Both toes must touch the bar for the rep to count. While this movement may look simple, it can be quite difficult to execute. You'll need good hamstring flexibility along with range of motion in the shoulder joint.

TIP: During the upward phase of the movement, imagine that you are "pulling down" on the bar, allowing your shoulders to rotate behind the bar roughly 10–15 degrees. This will bring your hips closer to the bar, making it easier for the toes to reach. If you haven't quite mastered the movement, complete the workout by performing a knees-to-chest or knees-to-waist variation.



DUMBBELL THRUSTERS

HOW TO: Hold the dumbbells in front of you at shoulder height with your arms bent at a 90-degree angle and palms facing each other. Feet should be shoulder width apart. Keep your back upright as you lower into a full squat (the crease of your hip must go below the top of your knees). As you stand back up, use the momentum to push the weight overhead to full extension. From here, reverse the movement and complete your reps in a continuous motion.

TIP: The use of dumbbells in place of a bar gives the added benefit of developing your balance and highlights any disparities you may have in strength. Use the momentum as you drive out of the squat to press the dumbbells overhead, fully extending your arms as you do so.



DUMBBELL LUNGES

HOW TO: Holding a dumbbell in each hand at your sides, stand up tall and lock your core on tight. Taking a large step forward with one foot, bend both knees until your back knee is 5-10cm off the ground. From here, press through your front heel and return to the starting position. Alternate legs with each rep.

TIP: Add an extra level of difficulty to this move by using a weight plate instead of dumbbells. Hold the weight plate above your head with arms extended, and complete all reps before bringing the plate back down.

*Workout and dedication sourced from **http://www.crossfit.com/mt-archive2/009075.html**

DISCLAIMER: Men's Muscle and Health Magazine is a FITMEDIA publication and is not affiliated with or endorsed by CrossFit Inc. or CrossFit.com



Photo Credit: Gary Howard

FINANCE & FITNESS

BRAD CASSIDY
Age: 35
City: Gold Coast, QLD

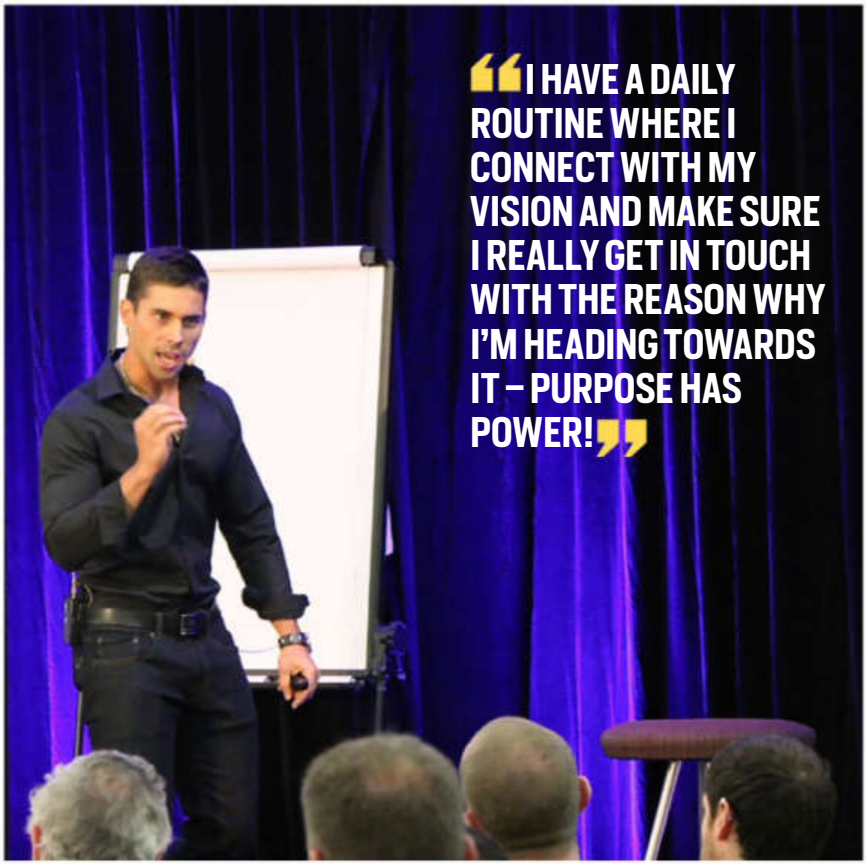
MMH chats with successful investor, speaker and performance coach Brad Cassidy on how to create that essential work-life balance.

PRIOR TO STARTING HIS JOURNEY INTO PROPERTY INVESTMENT, BRAD CASSIDY BELIEVED HE WAS HEADING DOWN THE WRONG PATH. HE WAS STRUGGLING FINANCIALLY, MENTALLY, EMOTIONALLY AND PHYSICALLY. HIS DESIRE TO BE ABLE TO PROVIDE FOR HIS FUTURE FAMILY EVENTUALLY BECAME THE MOTIVATION HE NEEDED TO TURN IT ALL AROUND, AND HE DECIDED TO START WITH HIS HEALTH. Having previously experienced very ill-health, Brad strongly believed that this was the foundation for everything good. He began by nurturing his mind and body on a daily basis, which allowed him the energy to build up his asset base, get through challenges and progress forward in all areas of his life. Today Brad is a successful investor, speaker and performance coach and we caught up with him to discover how you too can have that essential work-life balance.



Today Brad Cassidy is a successful investor, speaker and performance coach.

Photo Credits: Michelle Merrifield



Hi Brad, thanks for chatting with us! We know you're a busy guy, so can you start by telling us, how do you manage to stay in such great shape with your busy schedule?

I plan it and schedule it. If I'm travelling, I research where the nearest gym is and map out a plan and schedule to get there – even if it means getting up at 4.30am to make sure it happens! I do this because I know how important it is to maintain my health – physically and mentally. The benefits on our brain and our mental focus from exercise are incredible. It's not just muscle training but also mind-muscle training, especially when I'm feeding the mind with educational audios at the same time.

You've built a successful career through investment and now motivational speaking. Out of all of this, what has been the most rewarding aspect of your career so far?

Having learned how to build a successful property portfolio, the most rewarding part of my career to date has been giving the gift of knowledge and the possibility to other people on how to take care of their financial situation. This has organically grown now into where I speak to hundreds of people at a time all across Australia, sharing with them my biggest mistakes and how I turned things around. This aspect is where I get the most fulfilment.

What advice can you give to our readers who are looking to succeed in business?

Think BIG but start small. Have a vision that compels you and excites you. Choose a product or service you're passionate about, otherwise it will be very hard to sustain when the challenges come (and they will come). The focus needs to be on delivering massive value to your customers/clients (more value than anyone else in your niche/market), not on how you can make the most amount of money. If you come from this space, the money will come. Money is nothing but an exchange of value – deliver on this and your business can't help but grow. Just be ready to have the systems, processes and structures behind you to enable you to deliver upon your promises (service).

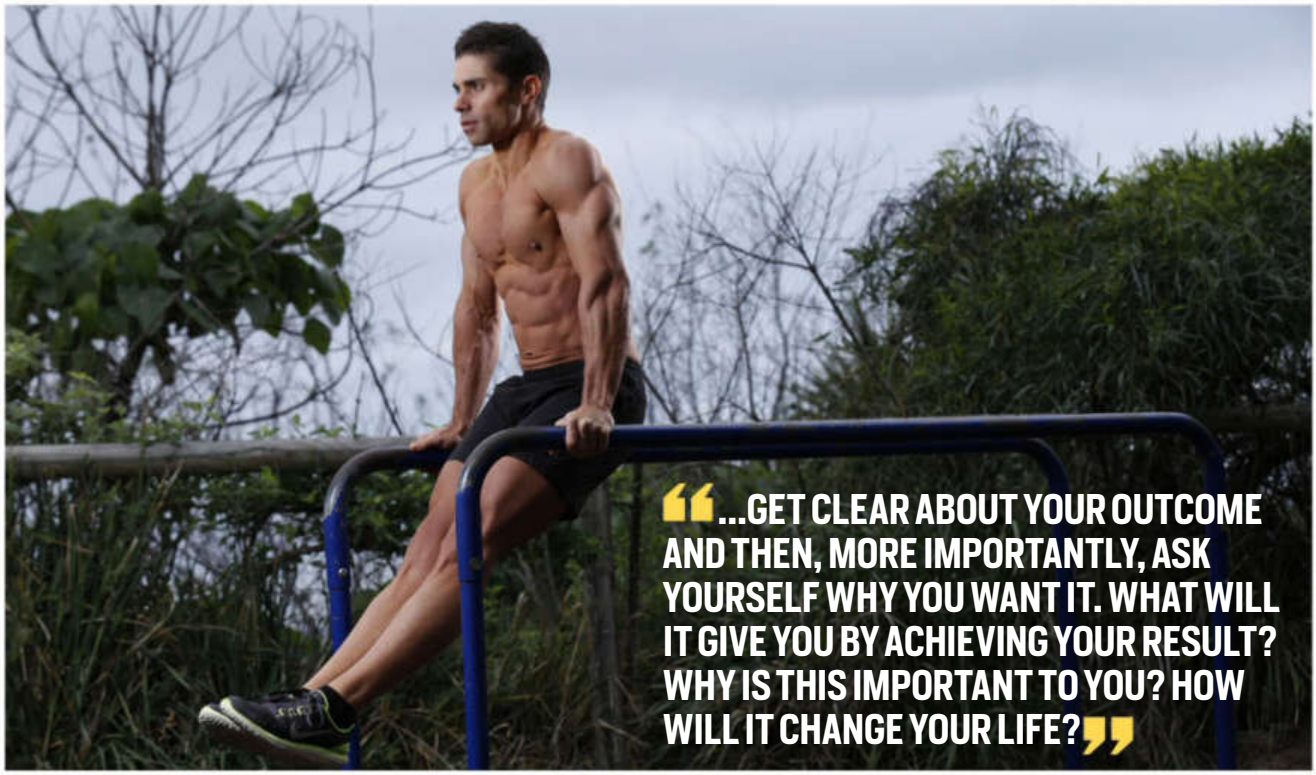


Photo Credit: Gary Howard

What is the most important thing we need to remember when starting a new business?

Always look after yourself and your health. Starting a business can be very stressful and demanding, so it's even more important to ensure you schedule "you" time. And also, find good quality mentors to help you.

What is the number one lesson you have learned about health and fitness over the years?

Without it you have nothing. It doesn't matter how much money or what things you have, it's not worth anything if you aren't healthy. By committing to my health, life will be not just one of riches, but one of true wealth. To me, being wealthy isn't all about money, it's about being the best you that you can be and realising and expressing your full potential in life.

What advice would you give to men wanting to succeed in getting and staying in shape?

I truly believe the principle to succeeding in any area of life to be the same – succeeding in business is no different to succeeding in getting and staying in shape. My advice would be to get clear about your outcome (what do you want, specifically) and then, more importantly, ask yourself why you want it. What will it give you by achieving your result? Why is this important to you? How will it change your life? Purpose has power and it gives us the momentum and strength to follow through. This is fundamental to what I believe we need to succeed. We must remain focused on a clear outcome and emotionally connect to the reason/purpose of achieving it.

We totally agree. However, sometimes it can be hard to stay focused on our goals. What do you do to continue to motivate yourself on a daily basis?

Having a clear and compelling vision continues to motivate me throughout my journey. I truly believe this is a very important part of achieving something, but it's even more important and powerful to attach meaning to it. I have a daily routine where I connect with my vision and make sure I really get in touch with the reason why I'm heading towards it – purpose has power! This is what drives me and keeps me going through it all; the struggles, the setbacks and the successes.

Do you have a quote that you live by?

"Knowledge is NOT power, it's potential power. Effective execution of knowledge is power."

I live by this quote because I believe that unless you apply knowledge, results can't be realised. Learning how to apply knowledge effectively is a great skill to have and one I am constantly working on and improving. The same goes for our skills, talents and abilities…. none of these are worth anything unless they are applied and utilised.

Finally, what's next for Brad Cassidy?

I'm starting a new venture called Peak Lifestyle, which will be focused on helping people reach their peak potential and live a lifestyle of their choice. So I have lots of work to do in setting up websites, designing products, programs and training events – stay tuned! MMH

Connect with Brad Cassidy on Facebook: Brad Cassidy – Peak Lifestyle

THE BEST COMPETES WITH THE WBFF

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LET IT SNOW



Photo Credit: Dallas Olsen

How many girls do you meet who are smart, friendly and gorgeous? Jessica Snow ticks all these boxes. Having placed top three for Bikini Model in Queensland's INBA and Australia's IFBB a few years back, this MMH Beauty now has her sights solely set on finishing her post-grad in clinical psychology. We caught up with the fit and friendly Jessica to talk about training, chin-ups and dancing all night!

How do you stay in shape?

I do three weight training sessions a week. On every other day I mix in yoga, a dance class and interval training. With long periods spent sitting down, I need to delegate time to moving!

What's your favourite food?

Salmon! Actually, I love all seafood.

What body part do you love most on a man and why?

Arms – because you can practise chin-ups off them and they feel great around you when it's cold.

What do you do for fun?

I love grabbing a friend and going for a road trip along the coastline or to the beautiful Glasshouse Mountains. Good music and good scenery is bliss.

What is your favourite body part to train and why?

Back, because I'd like to do my chin-ups unassisted.

Describe your perfect night out.

Dancing all night in a funky little cocktail lounge.

What characteristics do you most look for in a partner?

Someone who is intellectually outspoken and mischievous, but with good intentions. Big win for him if he practises yoga and can dance.

If you could be anywhere in the world doing anything – what and where would you be?

Los Angeles practising and doing research from my own psychology clinic. Hollywood needs me, haha! **MMH**



Photo Credit: Dallas Olsen

"I DO THREE WEIGHT TRAINING SESSIONS A WEEK. ON EVERY OTHER DAY I MIX IN YOGA, A DANCE CLASS AND INTERVAL TRAINING."

JESSICA SNOW

AGE: 24 | **HOMETOWN:** New Farm, Brisbane
OCCUPATION: Psychology & Business Student

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PRICE: $99.95 | WEBSITE: solrepublicaustralia.com.au



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The Nike Air Pegasus 31 is a fresh and exciting take on the classic running shoe. The stylish shoe is engineered with the latest fashion technology to provide you with comfort in every step you take, along with ventilation, support, durability, flexibility and cushioning. It comes in a range of different colours, such as white, black, volt and electric green. Your feet will be thanking you.

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PRICE: $30.00 | WEBSITE: brooksrunning.com.au



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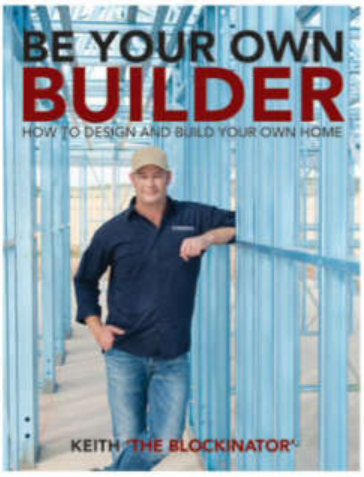
The Sony Smart Tennis Sensor will connect with your smart-device to make it easier than ever to track your tennis performance accurately. This is the perfect gadget for tennis lovers as you can analyse, review, share and compare your progress against concrete targets, keeping yourself motivated to continually improve your game.

PRICE: $249
WEBSITE: sony.com.au

BUILDING BLOCKS

Keith Schleiger from Channel 9's The Block is releasing 'Be Your Own Builder' – a book to guide readers through the renovation process and provide skills on how to be your own builder. The step-by-step guide will equip readers with insight into how to manage tradesmen, inspectors, engineers and architects to help you turn your property into everything you want it to be.

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PRICE: $19.95 (100g) and $39.95(400g)
WEBSITE: bioceuticals.com.au



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PRICE: $79.99
WEBSITE: lifeproof.com



ONE MAN'S STORY

THE JOURNEY OF RECOVERY

STATS
Name: Joshua Wood
Age: 37
Location: Gold Coast
Occupation: Trade Manager
Instagram: @joshua_wood21

After a decade of drug addiction, Joshua Wood set out on a journey to reclaim his health – discovering a love for body building, CrossFit and Olympic lifting along the way.

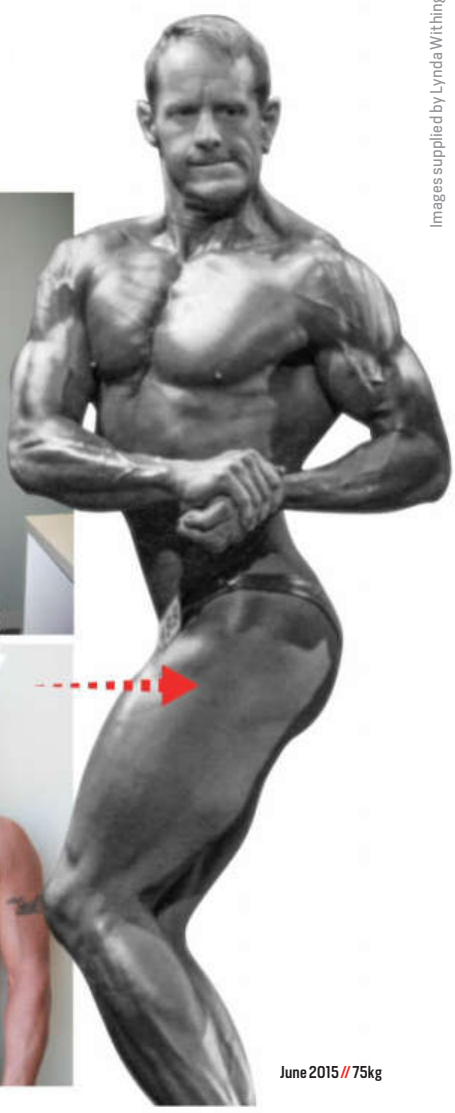
WORDS Erin Leckie


2009 // 140kg


Feb 2010 // 123kg


Dec 2010 // 84.4kg


May 2010 // 90kg


June 2015 // 75kg

Images supplied by Lynda Withington

JOSHUA WOOD IS THE KIND OF GUY YOU SEE AT THE GYM, DAY AFTER DAY, CHASING DOWN HIS GOALS WITH A CALM DETERMINATION. He's focused, contrary to the chaos caused by plates crashing and people shouting all around him. Josh, as his mates call him, is the kind of guy you can rely on to show up with everything he's got.

But it wasn't always this way.

"It took me numerous attempts and different rehabs, before I found the Narconon Drug Rehabilitation Centre. I boarded a plane late one afternoon alone and headed to Melbourne to meet a complete stranger who would take me out to Narconon, where I would start my journey to getting clean."

After a decade of drug addiction, Josh was ready to reclaim his life. It wouldn't be an easy road, and there would be plenty of times he wanted to give up, but after eight months and with the support of the Narconon staff and his family, Josh successfully completed his program on Australia Day 2010. From here, it would be a five-year journey that would see Josh completely turn his life and health around.

Returning home overweight, out of work and lacking in self-esteem, Josh struggled to get back into a normal routine.

"When I got home I didn't have a job or really any 'clean' friends I could go see – so I found it really hard. That's when I joined the gym and started playing baseball again."

While playing baseball, a team-mate offered Josh a job mowing lawns, which got him out of the house and back into the workforce. It was also during this time that Josh heard about a lifestyle challenge at his gym, Goodlife Nerang. He started training with an intention to complete the challenge, but remembers how his first attempts at working out lacked structure.

"I was just randomly picking up weights, using machines haphazardly and not really knowing what I was doing," laughs Josh.

His trainer at the time, David Rawlinson, recalls "seeing this overweight guy dumbbell benching 15kg, looking so out of place!"

It wasn't until his second 12-week transformation challenge that Josh really started to see results. The weight began falling off and by the end of the 12 weeks Josh was down from 140kg to 84.8kg.

"After this I changed gyms and trained for a brief period with Sam Howe, who put me onto Nathan Wallace who has been my coach, mentor and close friend for the past three years now."

> "I LOOK AT THE PHOTOS OF WHEN I WEIGHED 140KG AND I DON'T EVEN RECOGNISE THAT GUY!"

Under Nathan's expert guidance, Josh overhauled his diet and training, and started to focus on building muscle. It was a far cry from the old Josh, who could easily put away two Big Mac meals and three or four litres of Coca-Cola a day.

After much thought and determination, the goal was set to compete at the INBA Brisbane Classic 2013.

"It was about a month out from the INBA Brisbane classic when I had to ramp up my HITT sessions – I had heard about Crossfit and had seen it on ESPN, and figured it could work," says Josh.

"Just doing sprints didn't seem all that appealing to me. I still wanted to move weight! This is when I met Mandy Kinzett and joined Crossfit Wired. From day one I loved CrossFit, the style of workouts and the CrossFit community."

Josh quickly reached his goal of losing weight and becoming healthier, placing an impressive 6th at his first Novice competition. He'd caught the health and fitness bug and there was no turning back.

"It has turned into my lifestyle. I've promised myself never to ever be that fat again – I look at the photos of when I weighed 140kg and I don't even recognise that guy."

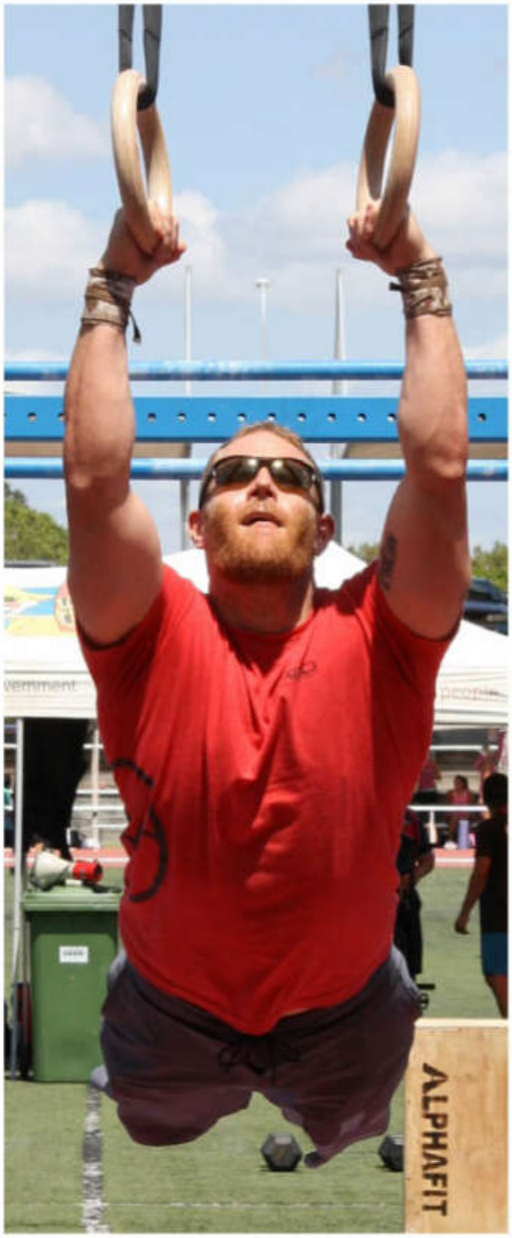
"I may be a little OCD [when it comes to training] but it works for me and I've been able to achieve every goal I've set so far!"

His training is now scientifically based with everything mapped out to achieve specific goals, whether for bodybuilding, CrossFit or Olympic weightlifting. More importantly, Josh has been able rebuild his confidence and self-esteem, making lifelong friends along the way.

"I have met some really amazing people – both in bodybuilding and CrossFit. They have become some of my closest friends," says Josh.

"But the most rewarding thing of all is that I get to work out and share my love of bodybuilding and CrossFit with my fiancée Lynda!"

While Narconon Drug Rehabilitation Centre gave Josh the tools to stay clean and live a productive life – it wasn't a guaranteed ticket to recovery. Josh had to take those tools and use them everyday in order to create a life he truly loves. It is now with this same dedication that Josh will continue to set his goals higher, no doubt chasing them down with the unwavering determination he's known for, that has already seen him achieve so much on his fitness journey. **MMH**



Images supplied by Lynda Withington

ACHEIVEMENTS

INBA Brisbane Classic 2013
- Novice, 6th place

INBA Brisbane Classic 2015
- Men's 72.1 – 77kg, 4th place
- Men's Open Class 2, 5th place

INBA Townsville Tropics 2015
- Men's 77.1kg and over, 4th place
- Men's Open Class 2, 3rd place
- I Pose 2015 Transformation, winner

ANB Asia Pacific 2015
- Men's Novice Class 2, 2nd place
- Men's Under 80kg, 5th place

PB CrossFit Individual Comp 2015
- 1st place beginners

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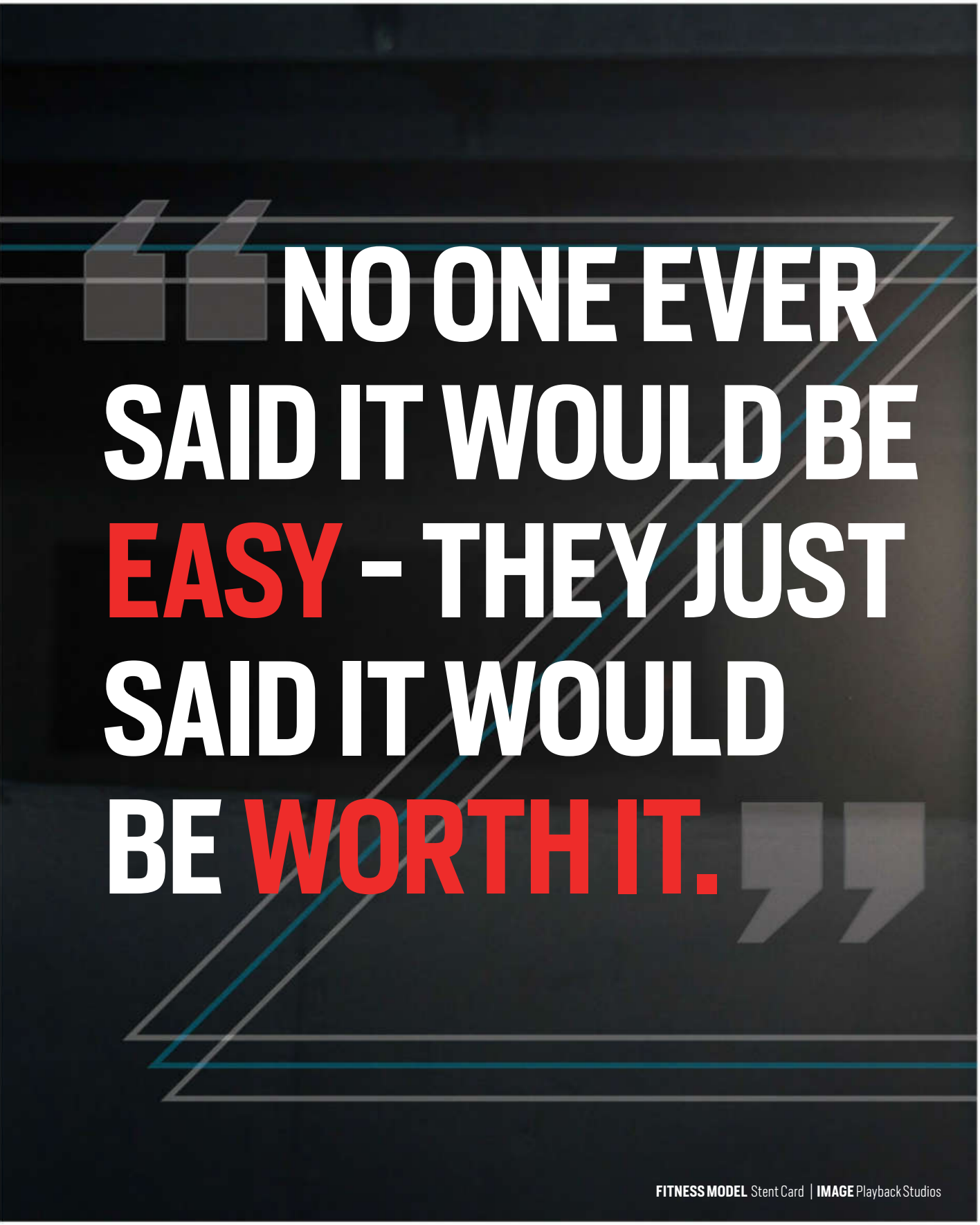
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